

THE TRUTH: EXCUSES DON'T BURN CALORIES. TABATAS DO!

fitness

TOTAL BODY

SLIM DOWN

Coming
to SA
Meet
Jen
Jewell

3
CALORIE
BUSTING
WORKOUTS

TRIM &
TONE
IN 25
MINUTES

"How I
dropped
28 kilos"
MARISCA'S
STORY INSIDE!

HAPPY
HIPS!

WORKOUT

SCULPT THE
PERFECT
FITNESS
FIGURE



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Bella Falconi

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CHALLENGE

LISL WINDT
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CHALLENGE
FEMALE WINNER
2012/2013

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PER PERSON

Lisa Raleigh
BIOGEN AMBASSADOR
@LisaRaleighSA

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BEACH SPRINTS GOLD MEDALIST

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March &
April '15

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supashape 12 WEEK ONLINE TRANSFORMATION CHALLENGE



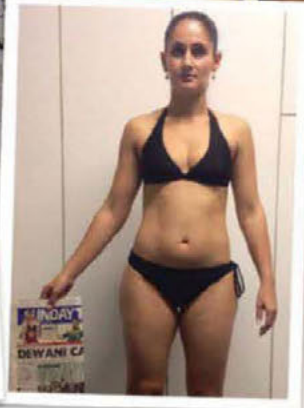
**TINO
SNYMAN**
Male Winner



**FILIFE & DIMITRA
NICOLAU**
Couples Winners



**ISABEL
DE BRUYN**
Female Winner



Here's what our previous winners had to say

"You're probably wondering if this is for you. Stop wondering, it is! All you have to do is commit to try it. Just give it a try..."

Rina Sadie, previous challenge winner

"The thing I enjoyed most was the sense of community, everyone in my group was motivated and wanted to see me succeed"

Dane Herbst, previous challenge winner

"Joining the Supashape 12 week challenge was one of the best things I've ever done for myself!"

Laura Kruger, previous challenge winner



CHOOSE WISELY...

My journey in the fitness industry has been a very rewarding one thus far.

Not only have I been able to connect with interesting, like-minded people, but I also help to produce content that inspires and motivates others, and educates and creates opportunities for those who've needed some help. All in all, I've helped to change a few lives, whether directly or indirectly.

A personal favourite is sharing the successes of some of our readers (which is part of the reason why the fitness team decided to produce our annual special issue, *fatloss*). There's so much value in seeing someone transform their life, learning how they did it, and witnessing the positive knock-on effect that has.

Our current cover model, Jen Jewell, has her own story to share in this regard. She's been on an amazing transformation journey, which she has shared with people all over the world. Her success has solidified her reputation as one of the top industry models and bikini competitors (check out page 22 for more on her story).

Driven by people like Jen, and the platform we create to share stories like hers, our industry continues to grow. Truthfully, I don't see how it would ever stop growing. It simply evolves as our knowledge and understanding of human anatomy and physiology, nutrition and healthcare advances. Accordingly, we, the health and fitness media, evolve too, be it the content we share, or the manner in which we share it.

PG 58 TRIM AND TONE IN 25 MIN

Also, read more about the #Selfie phenomenon on page 106. Helpful or hurtful?

In the past, producing credible health and fitness-related content was reserved for publishers – corporates in the know, with access to a host of experts and accredited professionals. However, with the rise of the Internet and digital technology, there are literally thousands of websites and apps created and curated by so-called experts.

The dawn of the digital age has made health and fitness information more easily accessible, as anyone with a passion for the industry and an Internet connection can self-publish workouts and share informative articles via their blogs or on content sharing sites. As I'm an entrepreneur at heart, with a passion for fitness, I support this growth, and encourage people to share, but readers beware!

Choose your source of content wisely. Firstly, look for some accreditation or professional affiliation. Don't buy into quick-fix solutions, and be realistic about some of the promises made to you. Sadly, it has become too easy for anyone to become a self-proclaimed 'expert'. Approach unqualified content, especially what you find online, with a healthy dose of scepticism.

However, having said that, the 'net and social media are great tools to connect, share and find inspiration, regardless of where you find it. With that in mind, if you're not already a subscriber to the weekly *fitness* newsletter, visit our website and sign up to receive regular workout tips, inspiration, recipes, and industry news and events. We even package free downloadable workouts (written by professionals, of course) to help you change things up and achieve results.

Till next time!

Tanja

MY FAVOURITES THIS ISSUE:



PG 76 Cardio Queens: Thinking of making a change from gym to endurance sport? Here's what you can expect.



PG 68 Upper Body Blast: Sculpt a sexy and toned upper body with this super-set workout.

It's your chance to meet JEN JEWELL
CHECK OUT OUR WEBSITE AND SOCIAL MEDIA FOR MORE INFORMATION

fitness

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BEAT

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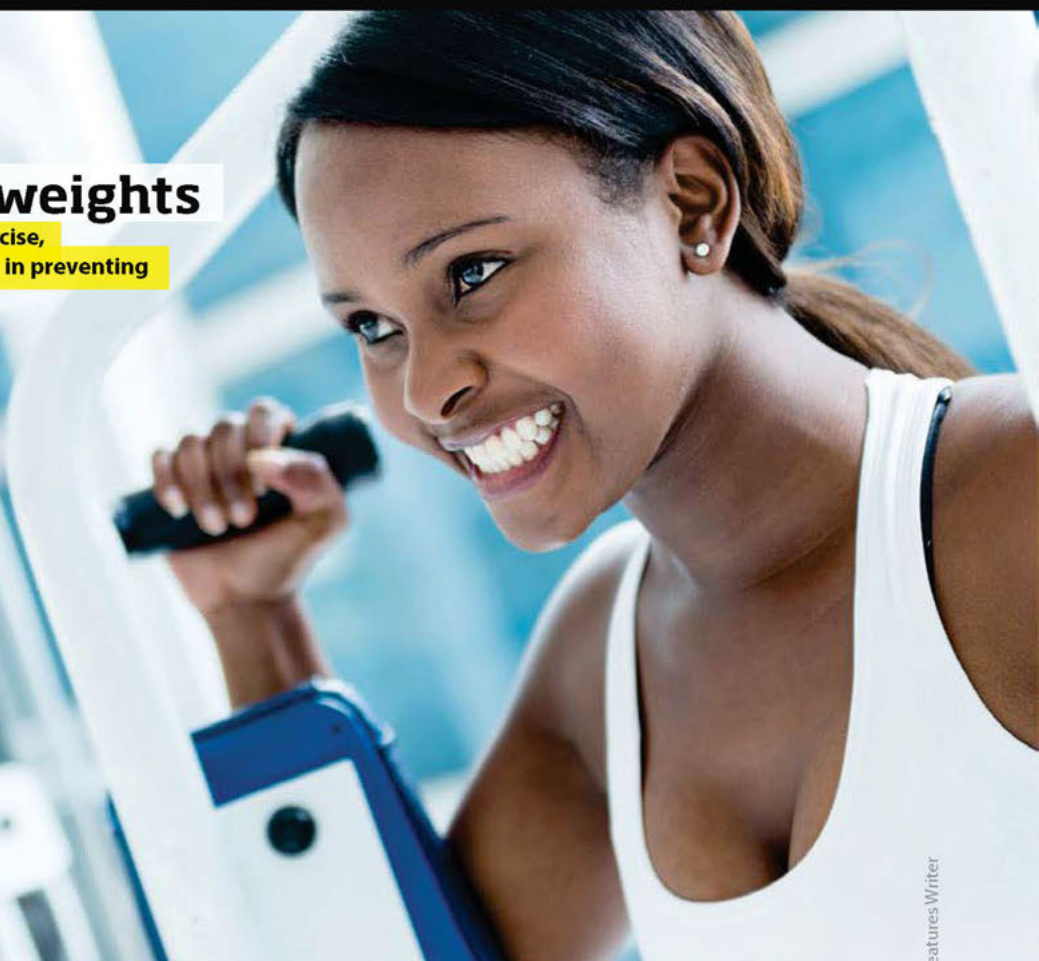
Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2. Albion Research Notes 1997;6(1). [50] Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H2489. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzy. Each Effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1970/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000. Fax. (011) 372-5252. SM.04.13.007. Report adverse events to crsafety@merck.co.za or +27 11 608 2588 (fax line).

Go for the weights

Too many people neglect resistance exercise, particularly women, for whom it's crucial in preventing muscle and bone loss with age.

THE 10 BIGGEST WORKOUT TRENDS OF 2014 (ACCORDING TO GOOGLE) WERE:

1. Insanity
2. Focus T25
3. PiYo Workout
4. 7-Minute Workout
5. P90x
6. Kettlebell Workout
7. Tabata Workout
8. Body Beast
9. Burpee Workout
10. 5x5 Workout



10 things that raise your blood sugar levels

1. Skipping breakfast
2. Drinking coffee, even without sugar
3. Artificial sweeteners and refined sugar
4. Many sugar-free foods, which still contain starches
5. High-fat meals
6. Colds and flu
7. Stress
8. Skimping on sleep
9. Certain OTC medications
10. Various alcoholic beverages

SURPRISING PURPORTED HEALTH BENEFITS OF YOGA:

- Boosts immunity
- Eases migraines
- Boost sexual performance
- Helps with sleep
- Fights cravings



ONE

CUP OF GRAPES CONSISTS OF ABOUT 100 CALORIES, AND PROVIDES OUR BODIES WITH MORE THAN A QUARTER OF THE DAILY RECOMMENDED AMOUNT OF VITAMINS K AND C.



Sprinkle one tablespoon of ground flaxseed in your bowl of oats for a brain-boosting dose of omega-3 fats, and two extra grams of fibre.



BY MELANIE HEYNS, Features Writer

XTREME NUTRITION OPENS 17TH STORE

Xtreme Nutrition recently celebrated the launch of its 17th store, cementing the brand's position as a leading independent supplement retailer in southern Africa. The brand's national footprint includes stores in all the major provinces, including Gauteng, the Western and Eastern Cape, and KwaZulu-

Natal, as well as a store in Windhoek, Namibia. Every store stocks the widest range of top international and popular local supplement brands, and will beat any price.

For more info email sales@xtremenutrition.co.za or shop online at www.xtremenutrition.co.za.



3 WAYS TO MAKE TREADMILL TIME MORE EFFECTIVE

- Plan ahead and have a strategy (speed intervals, incline intervals, or a combination).
- Take your hands off the rails when on an incline.
- Don't run right up against the display console as it shortens your stride.

PROSUPPS NOW AVAILABLE THROUGH XTREME NUTRITION

ProSupps, billed as one of the fastest growing supplement brands in the US, is now available in South Africa, exclusively through independent supplement retailer, Xtreme Nutrition. ProSupps is committed to providing the highest quality products possible through the company's highly skilled and dedicated employees, and their unique, cutting edge product assortment. The company's aggressive research and development programme is helping it achieve its mission of becoming a leading global supplement provider.

To find out more about ProSupps visit www.prosupps.com, or order your ProSupps products by emailing sales@xtremenutrition.co.za or online via www.xtremenutrition.co.za.



GET SMART WITH CURVES

You have a plethora of things to do: get the kids to school, beat the traffic and make it to your 09:00am meeting, and don't forget to clear your inbox and make a dentist's appointment for hubby. We know you have a busy schedule. The trick is to fit in some 'me-time': time to take care of yourself, get a workout, and just let go of your stress. Essentially, you need to be smart, CurvesSmart™, in fact. At Curves fitness and weight-loss centres, exclusively for women, you can make use of CurvesSmart™ technology. This system provides you with immediate feedback on the quality of your workout, in real-time, while you're on the circuit. Want to check your progress over time? Simply get a printed report and track your results. And all it takes is 30 minutes out of your day. Smart women make smart choices, so why don't you join the Smart Revolution today and get 50% off your joining fee? Details at www.curvesafrica.com. *Terms and conditions apply.



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*Efficacy of support may vary between users

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BEST PRE-RUN FOODS FOR AN INTENSE TRAINING SESSION

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1 cup cooked oats
1 medium cooked sweet potato
2 slices wholewheat bread
½ cup cooked quinoa

1/3

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NEUROBION® VITAMIN B SUPPLEMENT



A deficiency of B vitamins is more common than we may think, with a 2009 study showing that up to 20% of the general population has a vitamin B12 deficiency.

B vitamins are essential for normal growth, the formation of red blood cells and the maintenance of the nervous system. However, the human body cannot manufacture B vitamins, which means they must be derived from our diet, from sources such as animal protein, fortified cereal products or vitamin supplements like Neurobion®, which contains vitamin B1, B6 and B12. Symptoms of a vitamin B deficiency may

include pins and needles or numbness in your hands and/or feet, weakness of hands and feet, abnormal gait (walking), forgetfulness, irritability or other mood disturbances, or paleness, fatigue and/or general weakness, which is associated with anaemia. If you suspect that you may have a vitamin B deficiency you should visit your healthcare provider and have a blood test done to check your levels.

3 FACTS EVERY WOMAN SHOULD KNOW ABOUT OVARIAN CANCER:

1. All women are at risk for ovarian cancer. Ovarian cancer is diagnosed annually in nearly a quarter of a million women globally.
2. Knowing the symptoms of ovarian cancer is the best form of early detection and diagnosis, which is when the disease is more easily treatable.
3. Diagnosis at an early stage vastly improves chances of survival.

DID YOU KNOW?

YOUR KITCHEN SPONGE GENERALLY CONTAINS MORE GERMS THAN ANY OTHER UTENSIL IN YOUR HOUSE. THAT'S ACCORDING TO GERM GURU CHARLES GERBA, A MICROBIOLOGIST AT THE UNIVERSITY OF ARIZONA IN TUCSON, WHO STATES THAT "ABOUT 15% OF SPONGES CONTAIN BACTERIA THAT CAN MAKE YOU ILL".



Body weight training will be the hottest trend this year, according to an annual survey by the American College of Sports Medicine. CrossFit, TRX suspension training and boot-camp workouts are just some exercise which make use of body weight training.





SEVERIN SMOOTHIE MAKER MIX & GO

The Severin Smoothie Maker comes with an all-in-one blender and drink holder, and is ideal for travelling. The Severin Smoothie Maker is dishwasher friendly and allows for quick and easy cleaning of the stainless steel blade. It has one speed setting with a safety cut-out, and prepares creamy, healthy and vitamin-rich smoothies with the push of a button.

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www.Loot.co.za at the RRP of R599.

DID YOU KNOW?

You get a new stomach lining every 3-4 days. To ensure the new cells (enterocytes) regenerate optimally, to become stronger and healthier than before, ensure you consume the correct nutrients in the form of adequate proteins, healthy fats, vitamins and digestive enzymes. Ensuring that your gut is populated with beneficial healthy gut flora is essential.

5 OF THE MOST COMMON CAUSES OF MUSCLE CRAMPS ARE:

1. Inadequate blood supply.
2. Nerve compression.
3. Mineral depletion.
4. Poor conditioning.
5. Dehydration.

4 PILLARS OF GOOD HEALTH

1. Eat smart
2. Don't smoke or drink alcohol
3. Get active
4. Learn to relax

Cipla Nutrition

THE SCIENCE OF SUCCESS™

Cipla Nutrition, the quality sports nutrition brand owned by South Africa's third largest pharmaceutical company **Cipla Medpro**, is the only sports supplementation brand in South Africa owned by a leading pharmaceutical company. The brand tagline, '**Science of Success**', reflects the brand's unique product offering, that is backed by strict regulatory and quality controls.

The **Cipla Nutrition** brand is the brainchild of **Cipla Nutrition** Managing Director and co-founder, Deon Lewis, who says that the brand, with its unique positioning, will bring clarity and transparency to a largely unregulated industry to protect consumers from being duped into buying inferior products with incorrect label claims and dubious ingredients. The **Cipla Nutrition** brand is committed to quality and easy-to-understand, jargon-free information about each nutritional supplement, tailored for all consumers who are interested in a healthier lifestyle thereby bringing quality nutrition to all.

The South African sports nutrition industry has, in the past, focused on delivering products to a specific clientele, mostly in the body building sector. As such, the nutritional supplementation industry was not easily accessible to, or understood by, consumers who are not professional athletes, but wish to live healthier lifestyles.

Known for his hands-on approach and can-do attitude, 44 year old Lewis is passionate about working with a motivated and results driven team and says that the key insight for all stakeholders lies in understanding "Today's consumer likes to be well-educated about a product before they will make use of it and as such, we have positioned the **Cipla Nutrition** brand to ensure that the label delivers on that promise."

BY MELANIE HEYNS, Features Writer

INDUSTRY NEWS



THERE IS A NEW GYM IN TOWN!

FITNESS FORT OPENS IN LINDEN

The Fitness Fort recently opened its doors to the general public in and around the Linden area, in northern Johannesburg.

Set in a transformed double stand property in this tree-lined suburb, this new training facility offers a host of different fitness activities and training options.

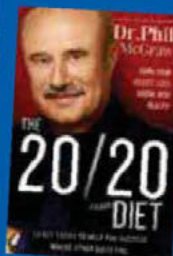
It boasts an outdoor training pool, spacious studios, shower facilities, physiotherapy rooms, a complementary coffee bar, and access to top trainers in their respective fields. Phase one of the project has officially launched, and includes the internationally acclaimed Crazy Monkey Defense Program, functional fitness, kickboxing, MMA

(holistic and suitable for adults and children), Pilates, advanced indoor cycling, physiotherapy and sports massage. Phase two is expected to launch in April 2015, and will be host to a fully stocked 2½ story gym and climbing wall. The Fitness Fort is proudly endorsed by TechnoGym SA, and will be managed by brand ambassador and national master trainer, Matt Active, who has recently expanded his zany brand of fitness into this exciting new functional fitness facility.

Visit www.thefitnessfort.co.za for more info or contact Matt on 011 888 4818 or 078 826 5508. Follow @mattActiveSA on Twitter.

Meet Matt Active – Master trainer and Fitness Consultant.

OUR TOP FITNESS READS THIS MONTH



1 THE 20/20 DIET: TURN YOUR WEIGHT LOSS VISION INTO REALITY

By Phil McGraw

In The 20/20 Diet, Dr. Phil McGraw identifies seven reasons why other diets fail, over and over again: hunger, cravings, feeling of restriction, impracticality and expense, boredom, temptations, and disappointing results or plateaus. He then addresses each of these roadblocks by applying the latest research and theories that have emerged since his last best seller on the same topic, The Ultimate Weight Solution. Dr. Phil and his team have created a plan that you can start following right now, and will continue to work for the rest of your life. In this diet, readers will start by eating only 20 key ingredients, called the "20/20 foods", which theories indicate may help enhance thermogenesis and help you feel full. The book also empowers you with cognitive, behavioural, environmental, social and nutritional tools to finally reach your goal, and learn life-long healthy habits to maintain those results.

R348 www.kalahari.com



2 THE EVERYDAY SUPERMODEL: MY BEAUTY, FASHION, AND WELLNESS SECRETS MADE SIMPLE

By Molly Sims and Tracy O'Connor

With down-to-earth charm, humour, and best-girlfriend tough love, a supermodel next door, Molly Sims, shares her hard-earned beauty, fashion, fitness and health secrets in this fully illustrated guide. Molly wasn't born looking the way she does on television and in print. Like all of us, she's had bad hair days, weight issues, skin problems, career setbacks, and fashion disasters. The secret to her seemingly perfect supermodel look and confidence? She works hard to look good, and she's tried everything. In this fun and practical guide, Molly interweaves stories from her life with her own tips, as well as advice from the best in the business of beauty, health, fitness, and fashion. The book is guaranteed to transform the everyday woman into the very best version of herself.

R364 www.kalahari.com



3 THE NEW HEALTH RULES: SIMPLE CHANGES TO ACHIEVE WHOLE-BODY WELLNESS

By Frank Lipman M.D. and Danielle Claro

A leading expert in the field of functional medicine, Dr. Lipman focuses on the root causes of illnesses, and guides his patients to the deepest, most lasting sources of wellness. In this book, he and co-author, Danielle Claro, make life-changing health advice available to all. Their book offers the cutting-edge secrets to optimal health in a stylish, lushly illustrated format. The book wades through the often contradictory information that bombards us daily, and delivers more than 100 actionable tips that will improve every aspect of our health – body, mind, and soul. Readers will learn simple rules for getting a good night's sleep, why a daily dose of sunlight is crucial, and which toxic cosmetics and kitchen products should be tossed. It will also teach us which foods help prevent Alzheimer's, why sugar is so destructive, and how to bring 'good bacteria' into the digestive system – providing an arsenal of easy-to-process tips and guidelines to make us stronger, healthier, and happier.

R261 www.kalahari.com



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Upcoming COURSES EARN CPD POINTS

MARCH

- Rocktape: Performance Movement Taping (4 CPD)
- Reboundology Trainers Course
- Fighting FITT (8 CPD)

APRIL

- Pre & Post Natal Exercise (6 CPD)
- Kettlebell Instructor (8 CPD)

MAY

- Group Fitness Instructor (NQF Level 4)
- Kids Development (8 CPD)
- Sports Conditioning (With SAQ) (8 CPD)
- Applied Sports Psychology (20 CPD)

JUNE

- Sports Massage (NQF Level 4)
- Pilates Abc: Beginner And Intermediate (NQF Level 4)
- Reboundology Trainers Course
- Fighting FITT (8 CPD)
- Studio Cycle (8 CPD)

BOOST GYMWEAR LAUNCHES BOOSTBABE UNIFORM



PHOTOGRAPHY BY: Amorlie Arts

Local fitness apparel manufacturer, Boost Gymwear, launched its new BoostBabe Uniform in January, with all the Top Model South Africa finalists. *Check out #BOOSTBABE on Twitter and Instagram for behind-the-scenes pics and updates, or visit www.boostgymwear.co.za for more info.*

IRONMAN 70.3 DURBAN EVENT ANNOUNCED

Ironman has announced the addition of South Africa's second Ironman® 70.3® race, the Standard Bank Ironman 70.3 Durban triathlon. The inaugural race will be held on August 2, 2015. Consisting of a 1.9km swim, a 90.1km bike and a 21.1km run, the Durban course will be set along Durban's Golden Mile, where athletes will cycle and run past the iconic Moses Mabhida stadium. The race will have 50 qualifying slots to the 2016 Ironman 70.3 World Championship, taking place in Sunshine Coast, Queensland, Australia. Professional athletes will compete at Durban for a total prize purse of US \$50,000. *For more information visit www.ironman.com/durban70.3*



FITPRO COURSE DATES

JOHANNESBURG:

- **7 March:** Pilates Mat
- **7-8 March:** Bootcamp
- **14 March:** Running Right
- **16 March:** Personal Fitness Trainer (starts)
- **19 March:** Aerobics Instructors Course (phase 1 – starts)
- **10 April:** Athlete Assessment
- **11 April:** Functional Training
- **18 April:** Advanced Biomechanics
- **25 April:** Functional Movement Assessment
- **April:** Kettlebells

CAPE TOWN:

- **16 March:** Personal Fitness Trainer Course
- **April:** Bootcamp

NAMIBIA:

- **March:** Personal Fitness Trainer Course

For more info
or to book visit
www.fitpro.co.za.

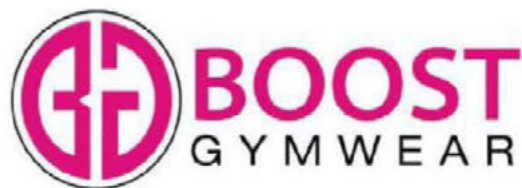


PUMA FAST TRACK NOW AT PLANET FITNESS

Puma Fast Track, an athletic programme designed on track and field training principles, launched in selected Planet Fitness gyms in January 2015. The programme is a first for South Africa, and exclusive to Planet Fitness. The programme aims to teach great running technique using a combination of running drills, agility drills, circuit training and relay runs. The new Puma Fast Track programme is free for Planet Fitness members, and makes use of speed ladders, mini hurdles, mini cones, plyometric boxes and relay batons. It is recommended that participants have a base level of fitness and conditioning to do this programme.



Sessions last for 30 minutes, and take place on the three-lane, 250m running track available at the following Planet Fitness gyms: Wanderers, Bedfordview, Fourways, Rivonia, Platinum, Centurion Gate, Witbank, and Westville (KZN).



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NIKE AIR MAX 2015

The Nike Air Max 2015 will sport an all-new upper, engineered to complement the foot's dynamic motion, paired with the full-length, iconic Max Air cushioning technology. The design team focused on delivering the soft, bouncy cushioning runners love in the Air Max, in addition to creating the best performing shoe upper in an Air Max to date, giving runners better flexibility, fit and comfort. The new shoe delivers exceptional full-length cushioning, features an engineered mesh upper designed for the foot in motion, and is lighter than its predecessor, at 306g for a women's size 8.



FNB CAPE TOWN 12 ONERUN ANNOUNCED

Cape Town is set to host the inaugural FNB 12 OneRun. The event aims to create a unique running experience based on international standards. The mass participation event also aims to attract the best athletes from South Africa, Africa and around the world, offering a 12km race route that takes participants from Woodbridge Island, Milnerton to the FNB Portside Building in Bree Street, Cape Town. All entrants can look forward to a fast route that will take runners past and through some of Cape Town's most renowned landmarks. Entries for the event opened in February. For more info visit www.thecapetown12.com or follow @Ctown12 on Twitter, or Ctown12 on Facebook.



PUMA LAUNCHES IGNITE RUNNING SHOE

Puma recently announced the launch of Ignite, a performance running shoe featuring innovative foam technology that maximises energy return. Ignite is Puma's most responsive running shoe, optimising comfort and durability, which makes it a suitable option for a wide range of runners. Ignite shoes incorporate proprietary foam that provides responsive cushioning, optimal rebound, and comfort. Strategically placed in the heel of the shoe is ForEverFoam – a compound used heavily in the automotive industry. This material creates long-lasting durability and is entirely new to the market. The direct-inject tooling is a first of its kind for Puma, which has created its most responsive foam. Available from March 2015, with further expansions in the Ignite line expected soon in the running and training product categories.

Photo Credit: Jetline Action Photo



SCHEFFER DEFENDS PUMA TRAIL RUN TITLE

Just under 600 trail running enthusiasts gathered at Buffelspoort Dam, in the North West Province, on Sunday, 25 January 2015, to take on the Puma Trail Run. Forming part of the action of South Africa's largest off-road triathlon, the Totalsports Xterra, presented by Rehidrat® Sport, the trail run events incorporated both the Xterra Lite and Full trail run routes. Leilani Scheffer successfully defended her title in the 12km race, crossing the finish line first in 01h01m21s. Anita O'Brien came second, while Natia Van Heerden finished third.

LORNA JANE SPORTS BRAS

A good sports bra is essential for any workout, and Lorna Jane has the perfect supporting act for any exercise. The Lorna Jane Sonic Sports Bra provides maximum support for high-impact sports like running, dancing, and those hardcore gym sessions. Full mesh panels at the back keep you cool and dry, and the contrasting mesh panels, hem band, binding and lining add a dynamic look. Pair with your fave Lorna Jane active pieces for a splash of colour. Ideal for high-impact sports like running, the Lorna Jane Ava Sports Bra is cute and colourful, and can be teamed with your Lorna Jane tank and tights for the ultimate active look. The encased elastic straps provide extra support and the bagged out neckline adds comfort. The brightly coloured Lorna Jane Cecile Sports Bra is a maximum support bra perfect for running, walking and hitting the gym. The bagged out neckline increases comfort and the butterfly back

with keyhole keeps you cool and dry. All bras in the range are shrink and fade resistant, made to wick moisture and are quick drying and breathable. All three bras also feature removable padding to give your bust great shape and extra support, and a reflective logo for safety. Various other styles are available in store.



For more info visit www.lornajane.co.za or 'like' Lorna Jane South Africa on Facebook.



REEBOK LAUNCH NANO 4.0

Performance, durability and comfort are packed into the latest evolution of the Reebok Nano training shoe. DuraCage technology has been improved from the Nano 3.0, delivering a tough yet lightweight upper, while the RopePro protection wrap gives bite and support for rope climbs. Forefoot and heel pods provide cushioning and shock absorption, in a shoe that is lighter than its predecessor (Weight: Women's – 230.2g). Available at a retail selling price of R1799.95.

EVENTS CALENDAR

2015 CAPE TOWN CYCLE TOUR LIFECYCLE EXPO & REGISTRATION

The Cape Town Cycle Tour Lifecycle Expo is the largest of its kind in Africa, attracting thousands of people over three days in the lead-up to the annual Cape Town Cycle Tour in March. This 'megastore' of cycling merchandise includes the top road and mountain bikes, cycling gear, and a fully equipped food hall, with more than 340 exhibitors. All Cape Town Cycle Tour riders need to visit the Lifecycle Expo to collect their race packs. Cyclists will only be allowed access to the expo by means of their RaceTec chip. General admission tickets for the public are also available.

DATE: 5-7 March 2015

VENUE: Good Hope Centre, Cape Town
For more info visit www.cycletour.co.za.

PRONUTRO AFRICANX TRAILRUN

South Africa's premier three-day stage trail run, the ProNutro AfricanX Trailrun, presented by New Balance, returns to the Western Cape in March. Teams of two (male/female/mixed) will battle it out on routes that vary in distance, from 22 to 34km, on each of the three days. The three routes have been planned in such a way that the participants will have the opportunity to tackle a different breath-taking scenic route each day, allowing them to enjoy the full beauty of the Overberg.

DATE: 13-15 March 2015

VENUE: Houw Hoek Inn, Western Cape
Follow Stillwater Trail Running on Facebook, @runtheafricanx on Twitter, or visit www.stillwatersports.com for more info.



ARABELLA CHALLENGE

The events on offer at the Arabella Challenge cater to a range of fitness levels, in an environment which is challenging yet inspiring. The events on offer include a one or two-day challenge for mountain bikers, and two trail runs of varying distances. Both the trail run and mountain bike events enjoy dedicated marked routes through the Kogelberg Biosphere.

DATE: 25 & 26 April 2015

VENUE: Arabella Hotel & Spa

For more info or to enter visit www.africanpridehotels.com or contact the hotel on 028 284 0000.

JETLINE ACTION PHOTO



IMPI CHALLENGE GAUTENG #1

The Van Gaalen's Cheese Farm will be a hub of excitement when thousands of adventure seekers and lovers of the outdoors line up for the first event in the 2015 Impi Challenge season. The best dressed Impi and/or team stand the chance to win awesome prizes.

DATE: 14 March 2015

VENUE: Van Gaalen's Cheese Farm, Hartebeespoort, North West Province

EVENTS:

IMPI ELITE: 18-20km with 25 tough obstacles

IMPI CHALLENGE: 10km with 18 obstacles

IMPI DASH: 5km with 12 obstacles

IMPI MINI: 1km with smaller supervised obstacles

For more info visit www.impichallenge.co.za or follow @impichallenge on Twitter.

ABSA CAPE EPIC

The world's premier mountain bike stage race returns to the slopes of Table Mountain for the 2015 prologue, before visiting Elgin, Worcester and Wellington on the way to the grand finale at Meerendal Wine Estate in Durbanville. The world's top riders will fight it out to win the Tour de France of mountain biking, a race across some of the most beautiful and rugged areas of the Western Cape. The total distance of the 2015 event is 739km, during which time riders will gain 16,000m of vertical ascent.

DATE: 15-22 March 2015

VENUES: University of Cape Town (15 March)

Oak Valley Wine Estate (16-18 March)

Worcester (18-20 March)

Wellington (20-22 March)

Meerendal Wine Estate (22 March)

SUSAN DEACON 7 PASSES WEEKEND MTB EVENT

Taking place in April 2015, the Susan Deacon 7 Passes Weekend MTB event will start in George, and will follow the famous 7 Passes road through indigenous forests, pine plantations and private farmlands.

DATE: 26 and 27 April 2015

VENUE: George (start) to Knysna (finish)

Enter at www.7passesmtb.co.za or go to www.gardenrouteevents.co.za for more info.

GRIFFIOEN CROWNED XTERRA BUFFELSPOOT CHAMP

The picturesque Buffelspoort Dam, in the North West Province, once again played host to some 400 Xterra warriors on Saturday, 24 January 2015. Kicking off the 2015 Totalsports Xterra, presented by Rehidrat® Sport season, the Buffelspoort event delivered great action. Nicolette Griffioen claimed victory in the women's Full Xterra event, completing the 1.5km swim, 26.5km mountain bike leg, and the 12km trail run in a combined time of 03h18m35s. Natia Van Heerden came in second, while Sylvia Van Tromp finished third.



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Pure Nutrition Technology offers nutrition products that aim to improve performance and training intensities, maximise recovery, and maintain optimum health. Based on current research, all products in the range are

outcomes-based and formulated with the highest quality ingredients to achieve optimum results. All products are soya-free, sugar-free, gluten-free, and are free of substances listed on the World Anti-Doping Agency's

prohibited list. The range includes Pure Acti-Woman, an all-in-one daily pack for active women. Each multipack contains one vitamin and antioxidant capsule, two essential fatty acid capsules, and one mineral capsule.

OMNIFLEX

OmniFlex, by Ethical Alternative Products, combines five clinically proven ingredients at effective levels, in a single, easy-to-swallow softgel capsule, to help alleviate joint pain. The product does not contain glucosamine or chondroitin, like most common joint support products. Instead, a combination of ingredients, including fish oil, rose hip, krill oil, BioCell collagen type II, and pine bark extract are used to achieve effective relief of joint pain and stiffness. These natural substances control inflammation, lubricate joints and rebuild cartilage.



Efamol EFA-based brand launches in SA

Efamol, purportedly the world's most-researched essential fatty acid molecule, is a 'good' fat that has been developed to help every cell in the human body function optimally. Efamol is available in six products that help manage specific conditions, including Efamol Brain Concentrate Chewies, Efamol Active Memory, Efamol Brain Concentrate Adults, Efamol Evening Primrose Oil, Efamol Mother & Baby, and Efamol Vision.

SUPASHAPE HIGH PROTEIN BROWNIE

Offering a blend of protein sources, including oat protein, whey protein concentrate, micellar casein, and soy protein isolate, Supashape's new High Protein Brownie is a great tasting dessert option that won't ruin your diet.



SUPASHAPE ZERO CALORIE CAFÉ INFUSIONS SWEETENER

One 45ml pack of Supashape's new Zero Calorie Café Infusions Sweetener provides sufficient flavouring and sweetening for over 50 200ml cups of coffee, or your favourite beverage. Simply squeeze the sweetener into a cup of your favourite hot beverage to meet your desired sweetness preference. While the general recommendation is approximately 11 drops (equivalent sweetness to 1 tsp sugar) to every 100ml of beverage, the amount you use is completely dependant on your individual taste preference. **Available in Caramel, Hazelnut, and Sweetener flavour options.**



Cipla launches CNLink™

Cipla Nutrition recently launched CNLink™, a digital online sales platform designed to give certified personal trainers and sports coaches instant access to a full range of pharmaceutically developed nutritional supplements and selected Cipla over the counter (OTC) products. The platform, which is mobile and tablet enabled, allows customers to order Cipla products directly from their personal trainer or sports coach, and they will receive the products at their home or office within three days. The platform is also unique in that it offers its exclusive members (personal trainers and sports coaches) a revenue share option.



Solal Ginkgo Biloba

Ginkgo biloba is a pure herbal antioxidant that improves circulation and helps maintain nerve health. Research shows that ginkgo biloba can help improve memory, brain function and attention span. It also aids in the relief of depression, anxiety, headaches, ringing in the ears (tinnitus), dizziness and cramps caused by poor circulation. Ginkgo biloba extract is useful for slowing age-related macular degeneration of the eye, and controlling cataracts. It treats diabetic complications such as nerve damage, and helps to improve oxygen supply and overall nerve health. Solal's Ginkgo Biloba Extract is 10-50 times more potent than other forms. **Available at all leading pharmacies and health stores nationwide, or online at www.solal.co.za.**



ENERVIT PRE SPORT

Enervit Pre Sport is one of the first scientifically designed low GI foods that gives you just the right boost of energy before training or competitions.

As it's fat free, this carbohydrate-rich food is easily absorbed, with no digestive issues.

Isomaltulose, a source of glucose and fructose, makes up 30% of the product's total sugar content. Eating foods that contain isomaltulose raises blood glucose levels more slowly than other foods that contain sugar. Energy is therefore released gradually for sustained performance. Each 45g serving is available in an easy-to-eat, orange-flavoured jelly.



USN ENDURO

Forming part of the new Purefit range of natural supplements, USN Enduro has been scientifically formulated to provide athletes with a light, refreshing and functional sports drink. It combines high, intermediate and low Glycaemic Index (GI) carbohydrates, which have been shown to promote performance and improve exercise tolerances and muscle recovery during exercise. This unique combination of performance ingredients assists with the sustained and continuous supply of energy to optimally fuel users for optimal performance, while still promoting stable blood sugar levels. Lightly flavoured with real fruit components, this product is free from artificial colourants, sweeteners and preservatives.



OMEGA CARO-E

Omega Caro-E, a locally developed and manufactured food supplement, endorsed by CANSA, is now available at local pharmacies across the country. Developed by the Functional Foods Research Unit at the Cape University of Technology, Omega Caro-E is a unique formulation of fish oil, 11 different forms of carotenoids, and five different forms of vitamin E. Contains no ethyl esters, artificial flavourants, colourants or preservatives, heavy metals (above detectable ranges), pesticides or organic solvents.



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Nutritionally speaking

BY DANI WATERSTON, BA (Hons) Psychology, MA
(Research Psychology), and Consulting Nutritionist

YOU ARE WHAT YOU EAT

It always fascinates me how some people are able to stick to, and succeed at, certain diets, and how others aren't as successful. The principles are the same, yet some people falter where others succeed.



Furthermore, some people find it easy to maintain their weight afterwards, while others pick it all up again, and then some. It's clear that there are many discrepancies when it comes to dieting success and the application of various eating styles.

One of the reasons offered as a possible answer is willpower, or rather a lack thereof. My clients often ask me how they can overcome this burden that 'keeps' them from sticking to their diets.

Willpower is probably the most liberating, yet also frustrating and devastating feeling a person can experience during a diet. It seems simple; some people have it, while others don't. The truth is not that they/me/we lack

willpower, but rather we possess and express it in different ways.

There are so many factors that influence the way we are, and the way we ultimately act. There are also just as many ways in which we can potentially change these things. While finding the eating and exercise plans that suit our lifestyles, and fit with our psychological requirements, is an important first step, sticking to the plan and, more importantly, succeeding in the plan, is paramount in forging a better quality of life.

But what if there is something else that determines whether we succeed or fail? Something that influences our willpower, rather than willpower itself?

What kind of personality are you? Personality factors are one variable that can show how food is not the only 'vice' when it comes to sticking to an eating plan.

PERSONALITY: THE DISC

Personality can be understood as a combination of qualities and traits that form an individual's distinctive character. It's our personality that makes us all unique. It influences every aspect of our lives, from how we behave, to decision making, as well as our eating habits.

There are many theories on personality. However, for the purpose of this column, I will discuss one in particular: DISC profiling is an

acronym for Dominance, Influence, Steadiness and Compliance, four distinct factors that influence our personalities.

• A D-type personality is a very driven and strong character.

This type of person is likely to be very assertive and direct, and is motivated by power and goals.

• An I-type personality has a strong focus on relationships, is very optimistic, and thrives on recognition.

• An S-type personality can be understood as quite proactive and adaptable. This personality type will most likely be dependable, persistent, and a good listener.

• A C-type personality is motivated by structure and guidelines. Such a personality type can be very detailed, precise and compliant.

Our personalities are made up of a combination of these factors. There are two dominant factors, and two subordinate factors. Some individuals may be more task oriented (Dominance, Compliance), while others may be more relationship focused (Influence, Steadiness).


Take a moment to think which two factors you might be. As an example, I'm a 'D' and an 'I'. My 'D' can be understood by my very driven and passionate side. I love a challenge and will work hard at it. My 'I' can be seen in the way I socialise; my extroversion, and the way in which I enjoy and derive energy from the company of others.

Now, let me explain how these factors influence the way in which we think about, and behave around food.

WHO'S EATING WHO?

A task-oriented (D, C personality) individual will be able to succeed in a structured diet which doesn't have much variety, quite easily. There is a system to follow and that system will be followed precisely. These people will likely go to gym at a set time every day, and will be set in their structure. Now, I'm not suggesting that it is easier for them to lose weight, improve their health or increase their fitness than someone with a socialite (I, S) personality. What I'm suggesting is that they most likely won't be influenced to 'break' their diet in social settings.

The relationship-oriented personality will struggle a lot more at an eating plan like this. They will likely get bored and frustrated by eating the same thing every day. They will want a more exciting eating plan, and a flexible gym routine. Furthermore, social situations will be more of a struggle compared to the 'Ds' and 'Cs'. These situations could easily influence the behaviour of the relationship-oriented personality, as one of the thoughts that usually pops up here is; "Well, if she can have it, surely I can too?" Does this sound familiar to you? It sure does to me...

Personality factors are one variable that can show how food is not the only 'vice' when it comes to sticking to an eating plan. Dieting (I hate the word, and prefer the term 'lifestyle') can be an extremely difficult task, especially if it becomes a burden in one's life. That is why it is so important to know the type of person you are, and to use that knowledge to your advantage when embarking on any wellness journey. Self-awareness is the key to success in any lifestyle-related mission. 



About the author:

Dani Waterston is a competitive Bikini athlete, an Evox-sponsored fitness model, an E-Fit brand ambassador, and a consulting nutritionist. She also holds a master's degree in psychology. This combination of knowledge and experience has helped her create a foundation that enables her to understand health and fitness on a deeper psychological and emotional level. With her own personal relationship to the mind-body debate, gained from her experience as an overweight and deeply unhappy person, Dani has been able to transform her mind, body and quality of life by taking back control. Armed with an incredible passion and enthusiasm for health and wellness, Dani now dedicates most of her time to helping others achieve their goals by drawing on a combination of her expertise, knowledge and personal experience. Her motto in life is 'every possibility already exists', and she ensures that she lives that motto every day.

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MEET JEN JEWELL!
Our cover girl will be in SA end March. Check the dates online for her appearances and fitness workshops.

Jen JEWELL

THE SKY IS THE LIMIT FOR THIS RAPIDLY RISING WBFF STAR



BEFORE



2013 WBFF

WHEN WE LAST FEATURED JEN JEWELL, IN 2013, SHE WAS WORKING HARD TO WIN A WBFF WORLD CHAMPIONSHIP TITLE, HAVING RECEIVED HER PRO CARD IN 2011. UNFORTUNATELY, SHE NARROWLY MISSED OUT ON ACHIEVING HER GOAL IN 2013, WHEN SHE PLACED SECOND IN THE PRO DIVA FITNESS CATEGORY. That marked her third appearance on the WBFF World Championship stage, and she was able to improve every year, going from sixth in 2011, to fourth in 2012, and eventually earning second place, behind perennial champion, Andreia Brazier, in 2013.

We also profiled the fitness empire she was building around her online training and coaching business at www.fitnessjewell-training.com, while still writing for a number of top health and fitness websites and magazine titles in the US, in addition to her growing number of magazine features and covers.

However, one aspect of her life that we haven't yet shared

is her incredible transformation story. At the age of 23 Jen weighed 72.5kg, with 30% body fat, after the loss of a close friend caused her to deviate from the active lifestyle she had lived for so many years. Nights out socialising, eating at restaurants and drinking, led to this weight gain, which transformed her body from the athletic physique she had developed after years of gymnastics and time spent in the gym into something she was unhappy with.

When she finally accepted that things had to change, Jen explains that she had pants in her closet that ranged in size from 0-11, which clearly illustrated how far off course her lifestyle had veered. To regain some balance, Jen kicked the socialising, unhealthy eating, and the drinking, and got down to some hard work in the gym.

Needless to say, by 2011 she was at the pinnacle of the fitness industry, achieving her pro card at the very first WBFF show she competed at. Her story is extremely inspiring

as it clearly shows that anyone can achieve their goals and dreams with enough hard work, determination and perseverance, and the right approach.

Jen has completely revolutionised her lifestyle, making health and fitness a fun and rewarding part of each day, both for her and her clients. In this interview she shares some of her best tips to integrating health and fitness into everyday life.

"I love having fun with my fitness, and my approach to cardio is no different. No health and fitness regimen is complete without cardio and, of course, a healthy, balanced approach to nutrition."

JEN'S TRAINING SPLIT:

- Day 1:** Lower body (emphasis on hamstrings and glutes), abs
- Day 2:** Back, triceps
- Day 3:** Shoulders, abs
- Day 4:** Lower body, calves
- Day 5:** Chest, biceps, abs

For something fresh and fun, check out Jen's double trouble cardio and upper body workouts on page 68 and get ready to have some fun blasting fat and building some serious upper body muscle!

VITAL STATS:

Age: 32
Lives: Los Angeles, California, USA
Height: 5'2.5"
Stage weight: 50.8kg
Off-season weight: 52-53.5kg
Sponsor: Cellucor
Federation: WBFF
Most notable stage result: 2013 WBFF World Championships, 2nd place in the Pro Diva Fitness division.





Photo: Tony Harrison



JEN SAYS

"For a new challenge, and some fun and variety, include this cardio workout in your routine 1-2 times a week."

JEN'S CARDIO BLAST

Warm-up on a treadmill, walking on a steep incline for 5 minutes, then start the workout below:

- 1 min lateral shuffle to the right, 1 min lateral shuffle to the left (still on incline, anywhere from 4-8%)
- 30 sec walking flat, 15 sec sprints, 30 sec walking flat, 15 sec sprints

Hop off the treadmill and perform the following cardio circuit:

- 15 burpees
- 15 plank jacks
- 15 med ball slams
- 15 plank up/downs
- 15 kettlebell swings

Get back on the treadmill and repeat the entire workout 4-6 times, with a 5-minute cool-down at the end, walking at a moderate pace.

No health and fitness regimen is complete without cardio and, of course, a healthy, balanced approach to nutrition."

PHOTO BY Noel Daganta
DRESSED BY www.boostgymwear.co.za

expert health advice

Your training questions answered by Mario Van Biljon



Send us your training, diet or health-related questions and stand a chance to win with SUPASHAPE. Email your questions to info@fitnessmag.co.za

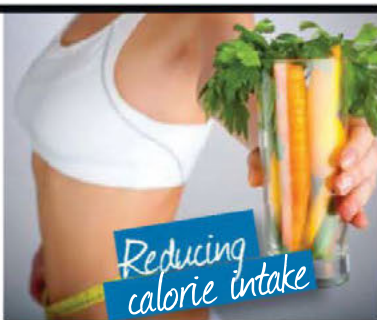
The prize, sponsored by SUPASHAPE, consists of: Supashape Guilt-Free Snack (consists of Supashape Cocoa Lean, Supashape High Protein Cookies, Supashape High Protein Pudding and Supashape Jelly Lean)

WINNING QUESTION

FAILED FAT LOSS

Q I've just discovered something that was quite upsetting to me. I'm training to compete in the

year. At the moment my body fat is too high and my priority is to drop that. I've been weight training for six months now and started CrossFit about a month ago. I also do running and mountain biking. My body has been changing; I got a bit more muscular, but it doesn't seem that my body fat is dropping at all. As I'm highly active, I figured that the problem is most probably my diet. I've always consumed 1200 calories per day by eating 5-6 small meals. I read in a few articles that to lose body fat I should restrict some calories, but not more than 500, because then my body would go into 'starvation mode', which would make it harder for me to lose



my BMR, which was 1300 calories. That means I burn 100 more calories than I consume without any activity. I therefore came to the conclusion that I'm consuming too few calories, which is most probably what's causing my struggle to lose body fat. I would like to know how I can recover my metabolic rate without gaining weight, and still lose body fat and become lean, as I'm aiming to achieve the physique of a fitness model. *Gabbi*

A You're correct, 1200 calories is really not much food. The first thing I'd suggest is re-checking your calculations as it may well be that you are eating more than you think you are. If not, then it may well be that you have compromised your metabolic rate. If that's the case then you will do well to consider the following:

Preparation for physique competition requires a significant reduction in body fat, while doing your best to maintain lean muscle. This is best achieved with a carefully planned combination of reduced calorie intake, appropriate dietary and supplementation choices, intense resistance training and cardiovascular exercise.

Losing the fat is not easy, as you're aware, and the leaner you get the harder it gets. Eventually you can reach a point where, to lose more fat, you have to intensify your diet and exercise to prevent plateauing. The risk now lies in 'starving' yourself to lose more fat. The problem with starving the body in this way (i.e. reducing calories too much) is that this typically leads to a metabolic backlash, and a host of associated endocrine

or hormonal problems. This makes further fat loss all but impossible. This may well be the situation you're currently in.

I would therefore suggest that you seek the help of a qualified and experienced coach. I would highly recommend speaking to Andrew Hudson (andrew@bodyguru.co.za) in this regard, although there are numerous other options available, which you will find by way of a quick Google search.

With a well-designed personal diet, and a suitable exercise and supplement programme that suits your individual physiology, you should be able to get down to 10% body fat (men can typically get as low as 5%). Working with a coach will require hard work and commitment from your side to make it worthwhile, and it will cost a bit of money. However, in my opinion, it's far better than what most people end up doing, many of whom fail to make it to the stage in any decent condition. They then choose another contest and start the same process over again, only to end up with the same result! Rather make the commitment and nail it first time around!

CHOICES, CHOICES, CHOICES

Q I've decided to live a healthy lifestyle and need to lose some pregnancy weight. The only problem is that there are so many products on the market, and so many weight-loss challenges too. How does one choose? I see there is the Supashape 12 Week Challenge, the USN 12 Week Body Makeover Challenge, and the Biogen Well-I-Am Challenge, to name a few, and there are the numerous brands and their respective products for sale, such as Supashape, USN, Biogen, Chrome, GNC, Evox and others. With all these products, and the models they use to advertise, how can I be sure to select the right supplement brand to ensure I remain healthy, lose weight and tone? *Amanda*



This is a very good question. At the end of the day the best choice in terms of brand, product and challenge will come down to making the most informed, well-researched decision possible. A good starting point would be to visit each brand's website and Facebook pages. After reviewing these digital media platforms you'll start to gain a better insight into each brand, and a good 'feel' for their respective offerings. I would suggest you follow up this initial research by way of an email to each company to ask for clarity on anything you are still uncertain about. Do not feel afraid to ask for testimonials, or to ask them why they believe they are your best option when it comes to the products and services they offer.

The quality of their response, and the time it takes to get that response, will give you further insight into which brand would best suit your needs. For example, USN might rightfully tell you that they are the biggest and longest standing brand, Well-I-Am might point out that their transformation package is the most cost effective, with really great prizes and value adds, while Supashape may advise that their transformation proposition is unique in that it is more "personalised" than the others, as it comes with your own personal online coach, who is well-known and

respected in the fitness industry.

Last, but not least, I would ask a few opinion leaders in the industry what their opinions are. Consider chatting to physique and fitness competitors, as well as personal trainers at your local gym. Seek out role models in the industry, including the brand ambassadors and models you refer to, of each brand and message them over Facebook. Ask them why they are associated with the brand, how long they have been representing it, and why they believe they are your best option. It won't be long before you're able to start making informed decisions into the options available, and thus feel more reassured in your final choice. At the end of the day, it's similar to trying to choose between a Mercedes and BMW, as both are great brands with great value propositions. It is your job to investigate and find out what the value proposition is that each brand offers, and then decide which best suits your needs. There is also no harm in taking a few of the products on offer for a 'test drive', to see if you like them. The brands you mentioned are all reputable, and their products offer good quality and value for money. I'm confident that whatever option you ultimately choose, they will all offer great value to someone who is committed to their physique transformation and enhancement goals. It is therefore time to do your homework.

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Training **notebook**

FOCUSED MOVEMENT TRAINING

PERFORMED BY Janni Hussi

PHOTOGRAPHY BY James Patrick

THE MOVE:

KNEELING REAR GLUTE KICK

Tip: Keep the foot of the leg you're lifting flexed throughout the movement.



STARTING POSITION:

Kneel on the floor or an exercise mat, with your arms extended down and your elbows on the floor. Keep your back flat and parallel to the ground.

THE MOVEMENT:

Keeping your knee bent, thrust one leg upward in a controlled motion. Lift your foot up toward the ceiling until your thigh/hamstring aligns with your back. Contract your glute at this stage of the exercise and hold for a count. Return your lifted leg to the starting position and repeat for the required reps, then switch legs.

Tip: Contract the glutes hard at the top of the movement with very little hamstring involvement.

Tip: Ensure you kick straight up with your heel to fully activate your glute muscles.

what it works

This move targets the glute-hamstring junction/tie-in – a problem area for many women, characterised by a 'saggy' bum – which helps to lift and firm your bum cheeks.



muscles targeted

Primary: Gluteus maximus
Secondary (stabilisers and synergists): Adductor magnus, erector spinae, obliques, gluteus medius, gluteus minimus.

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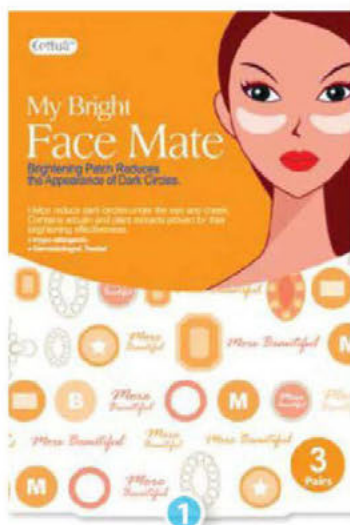


LISL WINDT
RESULTS AFTER 12 WEEK BODY MAKEOVER CHALLENGE



INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-RESTRICTED EATING PLAN AND REGULAR EXERCISE.

BY MELANIE HEYNS, Features writer



1



2



3



4



5



7

8



6



9



10



11

beauty must haves

TAKE 10 YEARS OFF!

TIRED OF HEARING HOW TIRED YOU LOOK?

A full night's sleep just isn't doing the trick anymore? Well, that's because a lack of sleep isn't the only cause of those dark circles under your eyes. In fact, two of the biggest causes are:

GENETICS

Just like you can inherit those thick golden locks from your mother, you can also inherit that fair skin under your eyes. Having fair skin under your eyes increases the appearance of blood vessels. To reduce the

appearance of these blood vessels try doubling up your pillows. This will stop the blood from building up under your eyes. And in the morning apply a cold compress for about five minutes to constrict the blood vessels.

AGE

As we age our skin loses collagen and starts to thin out. This then causes the veins to show through more prominently. Spending too much time tanning will speed up this process even more, because it breaks down collagen.

in your beauty bag...

1. CETTUA MY BRIGHT FACE MATE UNDER EYE PATCH

Available at Clicks **R54.99**

2. DERMALOGICA MULTIVITAMIN POWER FIRM

For a list of stockiest visit www.dermalogica.co.za **R740**

3. DERMALOGICA ULTRASMOOTHING EYE SERUM

For a list of stockiest visit www.dermalogica.co.za **R760**

4. SKIN REPUBLIC COLLAGEN HYDROGEL UNDER EYE PATCH

Available at Red Square, Edgars, Dis-Chem and Clicks **R47.99**

5. WEMA ALMOND OIL

Available from www.wemabodycare.com **R80.00**

6. ELIZABETH ARDEN SKIN ILLUMINATING BRIGHTENING EYE SERUM (15ML)

Available at selected leading pharmacies and mass retailers nationwide. **R360.00**

7. REN FIRM AND LIFT EYE CREAM

For stockist information visit www.renskincare.co.za **R440**

8. REN ACTIVE 7 EYE GEL (15ML)

For stockist information visit www.renskincare.co.za **R350**

9. FILORGA PERFECT+ (PERFECT PLUS) PERFECT SKIN SERUM (30ML)

For stockist information visit www.filorgasouthafrica.co.za or contact (012) 548-0725. **R865.00**

10. ALMAY EYEWISE INTENSE HYDRATION FIRMING AND PLUMPING EYE CREAM

Available at selected leading pharmacies and mass retailers nationwide. **R265.00**

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STRATEGY TO IGNITE
YOUR CALORIE-
BURNING FURNACE

FAN YOUR METABOLISM FLAME

WRITTEN BY MARIO VAN BILJON, NHDip: Microbiology

ADDITIONAL REPORTING BY Pedro van Gaalen, Managing Editor

Metabolism, derived from the Greek word *metabolē*, which means 'change', is the key to unlocking your body transformation potential. By manipulating the process whereby your body 'changes' the food you eat into energy, or stored fat if you're not careful, you can reshape and sculpt your body. Accordingly, a sluggish metabolism can ruin

your best-laid fat and weight loss plans. Your aim should therefore be to keep your 'calorie-burning furnace' stoked throughout the day. Your best approach in this regard should be multifaceted – a three-pronged approach that uses exercise, nutrition and supplementation for a 1-2-3 combo that delivers an overall effect that is greater than the sum of its parts.

A sluggish metabolism can ruin your best-laid fat and weight loss plans.



STOKING THE FURNACE

The food we eat, and the way we eat it, can be a double-edged sword when it comes to an optimal metabolism. Eat too much and you cannot burn everything efficiently, so you store more excess food energy as fat, which is metabolically inactive tissue. Eat too little and your metabolism slows as a survival response to the perceived threat of starvation.

The ideal approach is to eat smaller, more regular meals throughout the day. This ensures you use ingested food directly for energy, which limits the likelihood that you'll store any unused energy as fat. Just be mindful of your meal composition and control your insulin response.

There is also a metabolic cost to digesting this food, which means your body burns energy through the digestion process itself. Certain foods have a higher 'cost' than others, which is another reason to pay special attention to your meal composition.

The other key factor is creating a healthy calorie deficit. You need to consume enough nutrient-dense calories to meet your body's resting (basal) metabolic requirements (BMR), but not so much that you exceed your active metabolic rate (AMR). A deficit of no more than 500 calories a day is ideal.

**EAT TOO LITTLE
AND YOUR
METABOLISM
SLOWS AS
A SURVIVAL
RESPONSE TO THE
PERCEIVED THREAT
OF STARVATION.**

REVVING THE ENGINE

The next step in your approach to boosting your metabolic rate should focus on the use of regular, high-intensity exercise. There are two ways in which the right form and type of exercise can boost your metabolism.

The first, and most immediate, effect is the post-exercise rise in your

metabolism. This metabolic 'after burn', as it is commonly referred to, occurs as your body tries to recover and repair itself after exercise or strenuous activity. This rise in metabolic activity can last for up to 72 hours after an exercise session, depending on the intensity and duration of the session. For this reason, high-intensity interval training is often recommended as a kind of 'metabolic conditioning'. This combination of resistance exercise, and short duration bursts of intense cardio, often performed against some form of resistance, delivers the best results. Once a session like this has ended your body will continue expending calories as it works to reduce your elevated body temperature and repair the tissue damage that has occurred.

The second, less direct, implication of exercise is an increase in your most metabolically active tissue, namely muscle. Any resistance training programme that adds muscle to your frame will help to increase your resting metabolic rate. It also increases your energy requirements during an activity, which simply adds to the number of total calories you burn each day, even at rest. The reason why this strategy doesn't deliver an immediate boost to your metabolism is because it takes time to build an appreciable amount of muscle.

BOOST THE BURN

However, there is another way in which you can boost your metabolism, almost immediately, and that's through the use of the right supplements. The most effective metabolism-boosting supplements on the market fall into the category of thermogenic fat burners. These products are generally formulated to contain stimulants such as caffeine, synephrine, citrus aurantium extract, green tea extract and yerba mate, among others.

These substances boost your metabolism by stimulating the production of body heat, hence the prefix 'thermo'. This heat-producing process helps the body metabolise stored fat as a source of energy through oxidation.

Oatmeal, brown rice, vegetables like broccoli, apples, pears and citrus fruits are ideal food options to help boost your metabolic rate.



KEY INGREDIENTS IN YOUR PRODUCTS SHOULD INCLUDE AT LEAST ONE OF THE FOLLOWING OR, IDEALLY, A COMBINATION OF TWO OR MORE:

GREEN TEA EXTRACT: Green tea leaves are rich in polyphenols, including the catechin Epigallocatechin Gallate (EGCG). This is the main active ingredient in green tea extract as it enhances your metabolism through its effects on the central nervous system (CNS), which stimulates thermogenesis. Scientific research has also shown that green tea extract increases thermogenesis and 24-hour caloric expenditure significantly by increasing the respiration rate of brown fat cells.

CITRUS AURANTIUM: This compound has a stimulatory effect due to the presence of synephrine, the main active ingredient, which

increases your metabolic rate. Synephrine also triggers the release of noradrenalin, which boosts the breakdown of stored fat and enhances the body's resting metabolic rate.

YERBA MATE: Another compound that acts as a stimulant to promote thermogenesis.

CAFFEINE: This powerful CNS stimulant increases production of adrenaline and noradrenaline, which has a thermogenic effect. It also boosts energy and power, allowing you to train harder for longer, and therefore burn more calories and create a greater metabolic 'disturbance'.

ADDITIONAL SUPPLEMENTS THAT DIRECTLY WORK TO BOOST YOUR METABOLISM INCLUDE:

CONJUGATED LINOLEIC ACID (CLA): CLA, in supplemental form, works to divert fatty acids away from storage in fat cells, and shuttles them into muscle cells, where they're preferentially burnt for fuel.

L-CARNITINE: L-carnitine also promotes the preferential use of fat during your training session by transporting the fatty acids into the mitochondria of muscle cells, where they're converted into energy. This increase in useable energy allows you to train harder, and longer, which helps to burn more calories and boost the 'after burn' effect.

PRE-WORKOUTS: Many pre-workout supplements perform multiple functions – they prime the body for optimal performance before a session, and help to boost your metabolism through the inclusion of stimulants that aid thermogenesis. Many products also contain compounds that boost the efficiency with which you convert stored fat into useable energy.

INCREASING CAPACITY

There are also certain natural substances and ingredients that you can use to enhance the metabolic

effects of food. A study published in the August 2006 issue of *Physiology and Behavior* found that capsaicin, black pepper, ginger, mixed spices, green tea, black tea and caffeine all significantly impacted on metabolism. Capsaicin, the compound found in hot red peppers, had the biggest impact on metabolism as it increased thermogenesis, energy expenditure and fat mobilisation after a meal, which all helped to decrease overall body fat. However, all these foods were found to have the ability to increase thermogenesis, satiety and oxidise fat to some degree.

As already discussed, more muscle boosts your BMR, and increases the rate at which you burn calories during exercise. With that in mind, anything that helps you add, and maintain, more muscle will indirectly boost your metabolism. Accordingly, there are a whole host of supplements that should be included in your metabolism-boosting strategy.

THESE INCLUDE:

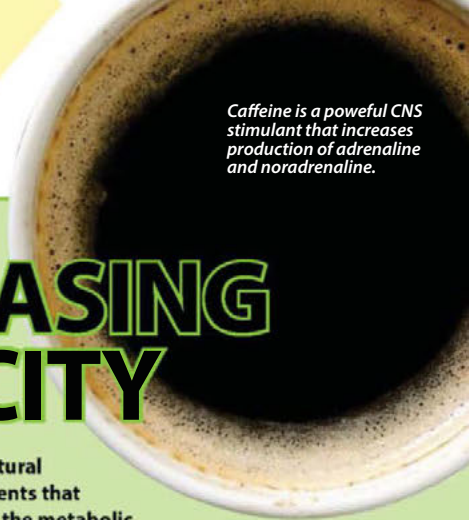
Branched Chain Amino

Acids (BCAA): BCAAs are vital substrates for other amino acids, which are released in large quantities during intense exercise. By replacing these amino acids you aid the muscle repair and recovery processes, ensuring you add more muscle after every session. Furthermore, BCAAs are used directly for fuel by muscles, which reduces the

amount of muscle tissue that gets broken down for energy.

Whey protein: Whey has a complete amino acid profile, which makes it one of the most effective muscle-building supplements on the market. As already described, amino acids are required to repair muscle damage after training and build new lean muscle tissue. Whey protein is also rapidly digested and absorbed, making it the best post-workout protein option.

Casein protein: Another milk-derived protein, casein also has an extremely high biological value, and is rich in essential amino acids, particularly BCAAs. Casein is digested and absorbed more slowly than whey, which delivers a steady stream of amino acids over a longer period of time. This makes it an ideal protein source between meals and before bed.



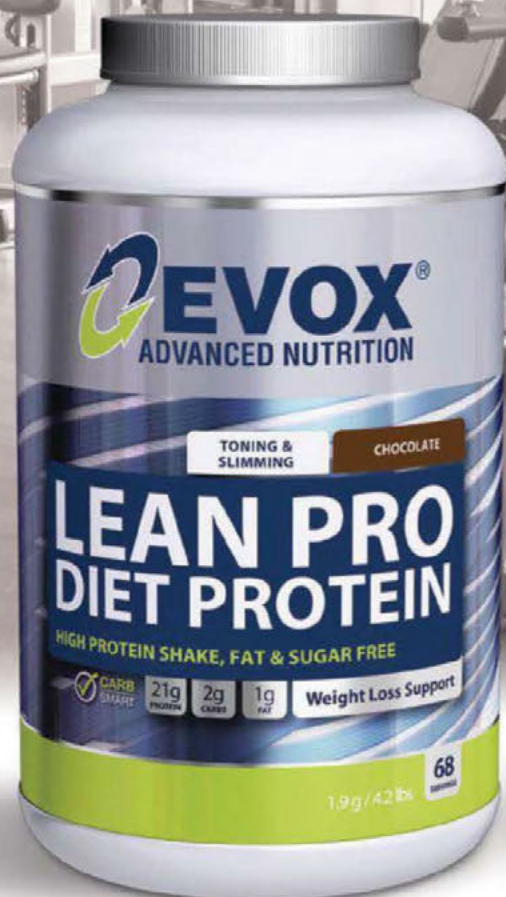
Caffeine is a powerful CNS stimulant that increases production of adrenaline and noradrenaline.



Bitter Orange has been used in traditional Chinese medicine to treat chest congestion and stimulate gastrointestinal functions.

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Benefits of CrossFit for endurance athletes

MODELLED AND WRITTEN BY Wilna Appel, Head Coach and Owner of CrossFit PBM
PHOTOGRAPHY BY Anton Geyser

CrossFit may seem like an ill-fitting addition to the training regimen of an ultra-marathon runner or a cyclist, particularly when you consider the volume and intensity of the weight lifting performed. But this form of training helps to develop metabolic conditioning, which improves general cardiovascular and cardiorespiratory endurance.



Improve movement patterns, enhance mobility, and increase peak speed and power output, as well as endurance.

“Will CrossFit make me ‘bulky’?”
“Won’t I build too much muscle mass?” “Surely this will decrease my performance, not improve it?” These are all comments I hear regularly from endurance athletes I engage with on the benefits of CrossFit for their training and performance.

The basic training ideology of most local endurance athletes is to log as many kilometres as possible every week, the majority of which are long, slow distance (LSD) training sessions. Accordingly, their predominant form of periodisation consists of slowly increasing time and

distance a little each week, with a regular taper week thrown in for recovery. The dominant element of endurance training is therefore volume. While this type of training makes sense to a certain degree, particularly for the ultra-endurance athletes, is it the best way to improve performance?

The two key elements that are often missing from this mix are intensity and skill (or technique). At CrossFit PBM we feel that the focus of training, for any type of athlete, should give precedence to skill or technique development, followed by intensity, and only then focus on volume.

In this discussion, skill refers to the ability to perform an activity with the greatest efficiency.

Intensity refers to the amount of force or power you can exert to achieve a desired goal (i.e. how much work you have to do), and **volume** refers to the total amount of work, be it distance, time or reps, that you put into a training session or programme.

If you consider the combination of these elements in this context, skill or technique is the priority as no one can increase their intensity safely without proper

form. Technique is also a critical part of injury prevention, and also maximises performance by increasing movement efficiency.

While intensity for endurance athletes should be sport specific, there is a great deal of benefit that can be gained in this regard by engaging in basic CrossFit WODs. This form of training helps to develop metabolic conditioning, which improves general cardiovascular and cardiorespiratory endurance. And once a CrossFitter has mastered technique, and is able to maintain


adequate intensity, we can start adding volume in the context of CrossFit workouts. As we maintain intensity while we increase volume, CrossFit is able to boost stamina (intensity or speed endurance), something that hours of LSD training cannot achieve.

This volume is also relative, which means we do more bouts of intense interval-type work, which is able to accomplish the same effects as an LSD training session, but in a shorter timeframe. This means you don’t break your body down with hours of repetitive work. In fact, if it is programmed and executed properly, it will build your body up.

Having said that, CrossFit will never replace LSD training for endurance. However, if you simply include a few of these sessions of higher intensity resistance training and strength conditioning work

ultimately makes you a more efficient, and therefore a much better, endurance athlete.

Accordingly, endurance athletes can benefit greatly from including one or two sessions a week of resistance training, with full range of motion functional movements like squats, lunges, deadlifts, cleans, snatches, push-ups and pull-ups. Powerlifting, Olympic lifting, gymnastics and plyometrics are additional tools that can help endurance athletes improve performance by increasing power output without adding unnecessary muscle mass. These advanced forms of exercise, which are all taught and prescribed in CrossFit boxes, also improve stability, balance and proprioception, which improve movement efficiency even more.

Ultimately, any form of strength and conditioning work will help you become a better endurance athlete, but the way in which CrossFit WODs are structured offers additional metabolic benefits that have a direct application in the world of endurance sport. 

LSD stands for ‘long slow distance’ training sessions. Crossfit is able to boost stamina (intensity or speed endurance), something that hours of LSD training cannot achieve.

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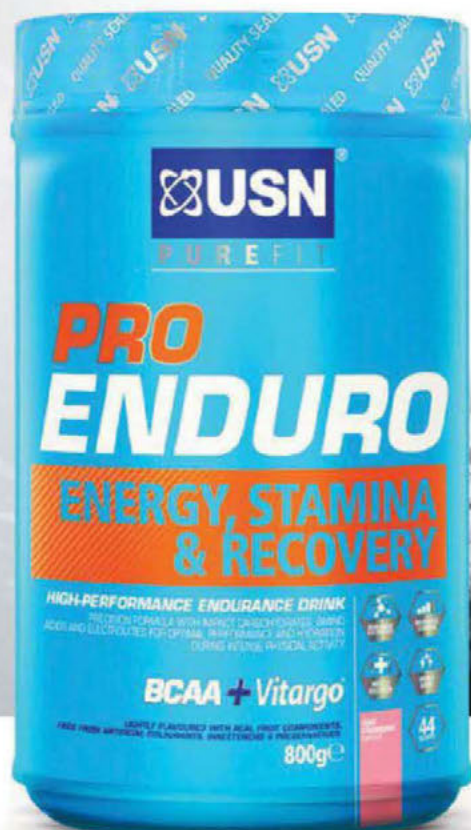
Nothing keeps me going like Pro Enduro!"

Celeste Engelbrecht

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SPEEDO TRAINING FINS

Speedo recently launched two BioFUSE Fin training aids. The Speedo BioFUSE Training Fin is designed to increase propulsion, strengthen leg muscles and help improve swim stroke. It increases focus on the upper body due to the elevated position encouraged by the fin. Made from 100% silicone, with a dual-density

design that offers a stiff blade and a soft comfortable foot pocket, the Training Fin is the ideal training aid for overall swim technique and increased ankle flexibility. The Speedo BioFUSE Fitness Fins are short, dual-density fins with stiff blades and easy-fit back straps for maximum water resistance. These fins help

strengthen leg muscles, improve endurance, increase workout speed, develop ankle mobility and boost lower body fitness.

Available at the Speedo Concept Store at Canal Walk and at most Speedo stockists nationwide at an RRP of R570 (BioFUSE Training Fins) and R470 (BioFUSE Fitness Fins).



GARMIN VIVOSMART

The Garmin vivosmart is an updated activity tracker that displays smart notifications.

Users can achieve their health and wellness goals, all while staying connected by receiving vibration alerts for calls, SMSes, calendar reminders and emails. Similar to the vivosfit and Forerunner 15, the vivosmart records activity levels and

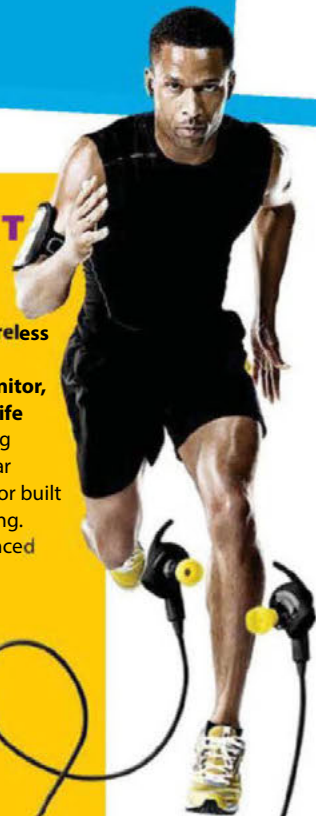
encourages users to live a more active lifestyle by displaying a personalised daily goal each morning, and reminding them when it's time to move. It is easy to operate, and has a touchscreen which displays time, steps, distance, calories,

the move bar, goal countdown and more. The device has a 5 ATM water rating, and a battery that lasts up to seven days.

Available in purple, black, and slate, in a small or large band size, at an RRP of R2,849, and R3,349 for the HRM bundle.

JABRA SPORT PULSE WIRELESS

The Jabra Sport Pulse Wireless stereo earbuds offer an integrated heart rate monitor, and a compatible Sport Life App. This 'all-in-one training solution' combines an in-ear biometric heart rate monitor built to withstand intense training. The premium Dolby-enhanced wireless sound experience includes sound and real-time voice coaching through the Sport Life App. The earphones are lightweight, and sweat and rain proof, and the 'Ergonomic Audio Response Science' technology ensures a secure and comfortable fit. Available at an RRP of R2,399.



GARMIN FORERUNNER 920XT

Garmin recently launched the Forerunner 920XT, a multi-sport GPS watch that can record detailed metrics for swimming, biking and running. Its slim profile and hinged watch bands offer a comfortable fit, and its high-resolution colour display makes it easy to view stats at a glance. Includes advanced features such as running dynamics, VO₂ max and recovery estimates, live tracking and smart notifications, and it has a daily activity tracking feature to monitor steps and calories burnt daily. Athletes can automatically upload workouts to the Garmin Connect Mobile app on a smartphone using Bluetooth technology or Wi-Fi. It also keeps users connected with smart notifications when in range of a paired Bluetooth smart device. In UltraTrac mode the device's battery life can be extended from 24 hours to 48 hours in GPS mode.

Athletes can automatically upload workouts to the Garmin Connect Mobile app on a smartphone using Bluetooth technology or Wi-Fi.



Available in black/blue or red/white at an RRP of R7,299 (premium HRM bundle).

FITNESS TECH RELEASES AT CES 2015

The start of every year is a busy time for the consumer electronics industry as the biggest trade show on earth, CES, takes place in Las Vegas every year in January. Fitness technology has been a key trend for the past few years, and 2015 was no different. To give you an idea of what to expect for the remainder of the year in the fitness technology space, these were the highlights:



SmartMat: An 'intelligent' yoga mat that acts as a yoga coach. Users can dock their iPad into the mat and, through a subscription model, access yoga classes that provide unique and specific tuition and advice based on feedback from a layer of sensors inside the mat. These sensors detect a user's balance and alignment in over 60 poses, and subsequently gives real-time feedback on how to improve. Visit www.smartmat.com for more information. **\$297***

Healbe GoBe: The Healbe GoBe is a fitness tracker that purportedly tracks calorie intake 'through your skin' via a wrist-based sensor – no manual input required. This is achieved through 'Flow Technology', a patented innovation that analyses blood flow and pulse, fluid levels (through bioelectrical impedance testing) and activity levels, to judge how many calories you've consumed and burnt. It can also monitor heart rate and track activity. Visit www.healbe.com for more info. **\$299.99***



Tao chair: The Tao chair is an 'invisible gym in your living room'. This connected home-gym-in-a-chair provides a full workout thanks to embedded sensors that provide feedback to the 'Variobics System', creating variable resistance in the chair's arms and legs that a user can push against. This isometric exercise can be done while watching TV, and the results are sent to your smartphone. Visit www.taochair.com for more info.

Sony Smart B-Trainer: This wearable Walkman music player includes Bluetooth, NFC and storage for on-board music playback, but also comes with added activity tracking intelligence. The device boasts GPS, an accelerometer for step counting, and heart rate monitoring in the right earpiece of the headphones. All the collected data is then synched with a smartphone, providing metrics such as distance, time, heart rate and calories burnt. Audio fitness coaching is also available, with real-time tips on when to speed up or slow down to stay in the right zones to achieve a desired workout or training goal.



Mio Alpha 2: The Mio Alpha 2 is a smart sports watch that uses a patented optical heart rate monitor for accurate ECG readings from your wrist, and an internal accelerometer to measure pace, speed and distance. These features enable users to run without a smartphone or heart rate strap. Visit www.mioglobal.com for more info. **\$199***



AmpStrip: AmpStrip by FitLinxx is a small, thin, sensor-filled adhesive strip that athletes can wear on their torso 24/7. It continuously monitors a user's heart rate and provides feedback about performance and recovery, via Bluetooth to a smartphone and companion mobile app. This helps users make better decisions about the type and intensity of each day's workout.

For more information visit www.ampstrip.com

QardioBase: This sleek, white Wi-Fi-enabled bathroom scale and body analyser is made of composite stone, which is warmer to the touch than many metal and plastic scales. It can also be programmed to display emoticons for 'smart feedback', instead of an actual number with regard to body metrics and measurements. Visit www.getqardia.com for more info. **\$149***



* South African pricing to be announced.

BY SARAH HALL, online coach and
biokineticist (www.sherifftraining.co.za)

It's a situation many competitive physique athletes are faced with. By the time Monday rolls around after your big show you've had that celebratory cheat meal, plus a few more. And, while you're scrolling through your photos from the night, reliving the experience and admiring your stage condition, it hits you. "Now what? What do I eat, when do I eat it?"

The truth is that many athletes invest a lot of time and money in meticulously planning their approach in the lead-up to a big contest, but very few have a plan for what they should do afterwards. This inevitably leads to crash weight gain and a rapid loss of conditioning in the days that follow a show.

What few women realise is that being on a restricted calorie diet, for whatever reason, brings with it a certain responsibility. The way you eat after a period of calorie restriction is just as important as the diet itself, which is why you need to plan ahead for when it's over.

Far too often there is no plan, and the result is excess weight gain, especially in the form of body fat and water retention. The effects of months of preparation and dedication to your training and dieting literally vanish in a few days. This can be devastating, both physically and psychologically.

>> RATIONALISING RESTRICTION

The goals of a calorie-restricted diet are to lose body fat, or reduce overall weight, while improving body composition with the addition of lean muscle tissue, among others. When you diet in this manner, following the accepted healthy guidelines, your body adapts to sustaining itself on a lower calorie intake.

This is known as 'metabolic adaptation' or 'adaptive thermogenesis'. The body initially becomes more efficient at using stored energy, the most abundant source of which is body fat, in response to a reduction in energy supplied from your diet. The downside to this, however, is that you burn fewer calories overall, which then forces you to consume fewer and fewer calories over time to keep seeing

**A PRAGMATIC,
HEALTHY
APPROACH
FOLLOWING
PERIODS
OF CALORIE
RESTRICTION**

REVERSE DIETING



results. It doesn't take a degree in human movement science to know that this approach cannot be maintained indefinitely.

Accordingly, to prevent the negative side effects of diet-induced weight gain, a natural compensatory response to periods of restricted calorie intake (read more about this in our 2015 *fatloss* special issue, available for purchase from iTunes, Zinio and Magzter), a structured programme of reverse dieting should be implemented.

>> DEFINING THE CONCEPT

Reverse dieting is a period during which calories are progressively increased to maintenance levels, or above, after extended periods of calorie restriction. This level is predominantly determined by an individual's total daily energy expenditure (TDEE). Put another way, macronutrients are manipulated to restore hormone levels and increase your basal metabolic rate (BMR) – the rate at which your body burns energy.

Reverse dieting is still a relatively new concept, with no noticeable studies available on the effectiveness of this approach. However, a great deal of anecdotal evidence in the field has allowed coaches and competitive athletes who understand the energy balance of food, to successfully manipulate calories to achieve a desired result, most commonly improved body composition.

The ultimate goal of reverse dieting is to increase

calorie intake as high as possible while limiting weight gain, particularly body fat accumulation. In doing so you maximise your metabolic capacity (the mitochondria's capacity for substrate utilisation and maximum oxygen uptake, or the body's ability to meet its energy requirements without experiencing fatigue), and make subsequent fat loss efforts easier.

To quote a specialist on the subject, Layne Norton, "the danger of a sustained reduced calorie diet is that it causes a disconnect between the body and the metabolic rate over time. For example, the metabolic rate decreases with dieting." You therefore need to give your body time to restore its BMR, while also minimising body fat storage, without incurring permanent damage.

Through reverse dieting you promote a healthier adaptation process by slowly increasing overall calorie intake. This approach reduces the metabolic and psychological stress associated with a switch from low to high calorie intakes, because your body can readjust its metabolic capacity, and return fat loss and hunger hormones to normal levels.

Another advantage of reverse dieting is that this approach will enable you to lose body fat more easily once you reach your maintenance calorie intake. You'll also be able to eat more, with the ability to still lose weight as your metabolic capacity returns to normal, optimal levels.

WHO SHOULD REVERSE DIET

Reverse dieting can be applied in any one of the following instances:

- if you've been in a calorie deficit for a prolonged period of time, either in preparation for a fitness show or as part of a weight loss plan,
- if you've been following a calorie-restricted diet without experiencing any weight loss or changes in body composition,
- if hormonal problems have developed following extended periods of calorie restriction,
- if you're looking to increase lean muscle mass without increasing body fat,
- if you have a poor 'relationship' with food, or have gone through a period of yo-yo dieting.

In certain instances you may need to reverse diet into a show, if your body fat levels have dropped low enough and you're able to increase calories to create 'fuller' muscles, while still maintaining a lean physique.

If, after a long period of restricted calorie intake, you don't implement a planned, controlled, progressive increase in calories, you're more likely to increase body fat stores, and will experience water retention, and disruptions to your BMR.

Ready... Steady...



How is your brain function?

7H15 M3554G3
53RV35 70 PR0V3
H0W 0UR M1ND5 C4N
D0 4M4ZING 7H1NG5!
1MPR3551V3
7H1NG5! 1N 7H3
B3G1NN1NG 17 W45 H4RD
BU7 N0W, ON 7H15 L1N3
YOUR M1ND 1S R34D1NG 17
4U70M471C4LLY
W17H 0U7 3V3N
7H1NK1NG 4B0U7 17,
B3 PR0UD!
ONLY C3R741N
P30PL3
C4N R3AD
7H15

3V3RY
M1ND 5H1F7
F0RM5 4 N3W P47H
3V3RY N3W P47H
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MONITORING THE PROCESS

It is imperative that you monitor changes in your body composition consistently without over-interpreting the results. Consistent, reliable and valid methods of anthropometric measurements are essential. For example, the most accurate way to measure body fat percentage that holds the most validity is the bioelectrical impedance analysis (BIA). Alternative practical ways include the use of a skinfold caliper (preferably Harpenden calipers). More expensive means include the use of either hydrostatic weighing or Dual-Energy X-ray Absorptiometry (DEXA).

To only measure and analyse according to weight and/or photos is risky due to the subjective nature of this approach. You need to analyse what proportion of your weight gain is healthy, in the form of some water and muscle mass, or what proportion is due to fat accumulation. Without these insights, which a conventional weight scale cannot offer, you cannot adjust your macronutrient intakes accordingly.

>> THE REVERSE DIET PROTOCOL

Reverse dieting is applied for a minimum of six weeks, with some athletes reverse dieting for up to 12 weeks. Carbohydrates are increased by 5-10g each week, and fat by 2-5g

Carbohydrates are increased by 5-10g each week, and fat by 2-5g per week. Protein is kept the same as recommended intakes are usually the same in and out of diet phases.

per week. Protein is kept the same as recommended intakes are usually the same in and out of diet phases. Depending on the metabolic adaptation your body experiences, you may need to taper this periodised increase in calories if you are gaining weight too quickly.

It is also worth noting that for each gram of carbohydrate the body stores, 3g of water weight is retained by the body. As such, weight gain during this period is inevitable. Body fat gain is the norm, but it can be controlled. Some individuals may actually become leaner during this process as their body fat percentage actually drops.

>> APPLYING REVERSE DIETING

If you're applying the reverse dieting protocol after a bikini or fitness show, or a photo-shoot, you need to keep in mind that your body is at its most anabolic in the week following the event. Therefore, you cannot dive straight into a reverse dieting phase.

After the period of restricted calorie intake your body needs to rebuild damaged tissue and replenish energy reserves, including muscle glycogen stores. Depending on the degree of your depletion, your body can absorb up to 10g of carbs per kilogram of body weight to replenish intramuscular glycogen. Fat intake should be 0.85g per kilogram of body weight, and protein up to 2.5g per kilogram of body weight.

Theoretically you should therefore be able to engage in 1-3 weeks of 're-feeding' before starting a reverse dieting protocol. However, this approach is largely determined by the individual; their BMR, muscle mass and genetic predisposition, as well as the severity of their depletion, the length of time spent in this calorie-restricted state, and their training intensity, which needs to remain relatively high, within reason, to maximise the exercise-induced muscle adaptations during this 'anabolic window of opportunity'.

To know the calorie content of food, as well as the thermic effect of the food you eat (the calorie cost of digesting and processing that food) can also aid in making informed decisions when it comes to your re-feeding, as well as understanding how your body is going to adapt to the calories consumed. For example, 20-35% of ingested protein calories, 5-15% of carbohydrate calories, and up to 5% of fat calories are burnt through processing. Practically speaking then, 200kcal of protein, or 50g, requires 40-70 calories from the body to digest it. The total thermic effect of food is generally said to be 10% of the caloric value of the meal.



ABOUT SARAH HALL

Sarah Hall is a biokineticist and online coach specialising in exercise rehabilitation, running, contest prep and exercise modification. She has been practising for over 10 years, having started her career at the Sports Science Institute of South Africa, before going into private practice, where she has been for over seven years. Her academic and sporting achievements include a *cum laude* honours in B.Sc. Biokinetics, a back-to-back Comrades Marathon medal, and a top 4 placing in every fitness show she has competed in. Her passion lies in correcting the movement dysfunction that leads to injury, adapting exercise to enable continuous training despite injury, assisting athletes in achieving their aesthetic goals, performing medical and biomechanical assessments, and pre- and post-op rehabilitation. She treats and assists athletes and clients from as young as nine years of age. Sarah currently runs a private practice in Sandton, Johannesburg, with a team of biokineticists who work closely with her.

REVERSE DIETING GUIDELINES

- Have a plan.
- Try to remove emotional eating habits during this time.
- Know that it is going to be as hard, if not harder, than your competition diet or restricted calorie diet.
- Know what your future goals are.
- Take into account the rate at which your body fat dropped during depletion, which will inform the length and intensity of your re-feed, and reverse dieting and training approach.
- Know your hormone levels and look after your body.
- Consult a coach.



PUTTING IN ALL TOGETHER

Keep in mind that these are basic guidelines to follow. There will always be individuals who respond differently – the statistical outliers. For example, 'hard gainers' are generally considered to be metabolically inefficient individuals as their bodies burn excessive calories as heat instead of fuelling anabolic processes. The re-feed and reverse dieting protocols will therefore need to be tailored accordingly to ensure they don't lose weight during this process.

Having a coach who understands this process is therefore essential. Your coach will quickly learn how your body responds to various macronutrient ratios, and will also know how to apply a reverse dieting protocol in that all-important post-show period. This will ensure you restore your BMR to its pre-diet levels, while also mitigating the compensatory weight gain that accompanies periods of calorie restriction.

The most important thing, however, is to be patient. Understand that this is a process, and that reverse dieting is about your future, not your present.

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THE KEY TO
SUCCESSFULLY
LOSING BODY FAT
IS CONSISTENCY.

You, like so many other women around the world, have probably been working out consistently for a few weeks now, in addition to following a suitable nutrition plan. This sensible approach has meant that you've been feeling better, your clothes feel a bit looser, and you've probably been receiving a few compliments from friends, family and colleagues. You may even look leaner, but when you eventually stepped on the scale your world crumbled.

WRITTEN BY Abby Clark



What the scale **DOESN'T TELL YOU**

It's not uncommon for women to become disheartened and fall off the weight-loss wagon when they don't see the number on the scale move in the right direction. It's at this point that many of us ask ourselves, "how could this be?"

However misguided this may be, we've all allowed the scale to dictate our mood, and have used it as a barometer of our progress.

So what happened? Why did you gain weight when everything else indicated that you were winning the war against body fat?

DISCERNIBLE DIFFERENCES

This confusion stems from the fact that weight loss and fat loss are not the same thing. Although they are commonly used interchangeably, decreased body fat does not necessarily correlate with a decrease in weight, and vice versa.

When you step on the scale you're measuring your total body weight, which includes your lean muscle mass, fat mass, bone mass, all your organs, and your water weight. The scale is not capable of discerning between the different types of tissue in your body, the combination of which contribute to your total weight. Accordingly, using the scale to track your body composition can be counterproductive to your progress.



TRACKING FAT LOSS

The best way to measure the actual change in the composition of your body, while discerning between changes in fat mass and lean mass, is to use skinfold calipers. By measuring specific skinfold sites, you're measuring the thickness of your skin, including the layer of subcutaneous fat underneath it. Since the thickness of your skin typically does not change much, a net decrease in your skinfold measurement is a strong indicator of a reduction in body fat, irrespective of weight loss or gain.

You can also input your skinfold measurements and weight into a special formula to get your overall body fat percentage. Then, with some simple math, you will know exactly how your body is changing in muscle and fat mass.

These numbers allow you to paint a more complete picture of your body composition, and how it is changing over time. This approach will empower you to judge your progress more accurately. By monitoring your overall body composition, as opposed to just your weight, you will gain meaningful insights into the success of your training programme, and your nutrition. This will ensure you don't waste months going in the wrong direction, as you can make immediate changes based on the numbers. You'll also become less attached to the number on the scale, and won't allow it to control your emotions as much.

The scale doesn't tell the entire story. It's merely one of many tools that you should use to track progress as it only measures your total body weight ... nothing else.



PUTTING THE DATA TO WORK

I recommend working with a local trainer to get your initial measurements taken before starting any new programme. Make sure that you ask the trainer to measure your body composition by taking skinfold measurements with high-quality calipers. Skinfold measurements are generally taken from three, four or seven specific sites on your body, depending on the formula being used to determine your body fat percentage. Your trainer will use the Jackson-Pollack Formula to calculate your body fat percentage.



Once you have your body fat percentage, you can use a simple chart to track your progress:

DATE	BODY FAT % (BF%)	FAT MASS (FM)	LEAN MASS (LM)	CHANGE IN BF%	CHANGE IN FM	CHANGE IN LM
Initial		Weight x BF%	Weight – FM			
Week 1						
Week 2						

(Courtesy of Rebar Fitness, LLC)

The key to losing body fat successfully is consistency. A healthy range of fat loss for women is 0.2-0.4kg of fat mass per week, which is the equivalent to a decrease of 0.25-0.5 percent body fat. This, of course varies depending on your starting point. There may be times when you see no change at all, or even regression, but don't worry, it

happens to all of us and is part of the process. What you want to look for is an overall trend of decreased body fat, and increased lean muscle.

The chart below is one of the most commonly referenced body fat charts, from the American Council and Exercise (ACE).

ACE BODY FAT % CHART		
DESCRIPTION	WOMEN	MEN
Essential fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Average	25-31%	18-24%
Obese	32%+	25%+

You may be thinking, why did the scale increase if my body fat was decreasing?

OTHER METHODS TO TRACK YOUR PROGRESS INCLUDE:

- Girth measurements
- Before and after pictures
- How your clothes fit



WHAT IS RE-COMPOSITION?

Re-composition is when you change your body composition by simultaneously adding lean muscle and losing fat. There are four scenarios when you can 're-comp' your body:

1. You are new to weight lifting.
2. You are returning from an injury or a break from lifting weights.
3. You have excessive body fat to lose.
4. You shift from a low protein diet to a higher protein diet.

Eventually your re-comp will plateau and the rate of simultaneous muscle gain and fat loss will slow down. It is extremely difficult to continue to drop fat and gain muscle at the same rate once you reach a certain degree of 'leanness'. When this happens you'll have to decide whether to focus on either fat loss or muscle gain, and then make the appropriate adjustments to your nutrition to support your goal.

Today I weigh about 140 pounds (63.5kg), and my body

fat percentage is 16%. Even though I weigh more than I did back in 2010, I'm stronger, more defined, and significantly leaner. By tracking your progress with a combination of methods, which are far better than using the scale in isolation, you'll be able to move past the weight fixation that grips so many women who are trying to transform their bodies, and often stops them in their tracks. This approach will ultimately strengthen your resolve to make a lasting transformation. **f**

PRACTICAL ADVICE

I'd like to share my transformation story with you, to try to help you better understand the powerful impact that tracking your body composition can have, when compared to merely weighing yourself on a scale.

When I started training for my first bikini competition in 2010 I weighed about 59kg, and my body fat percentage was about 22%. After a 16 week prep phase I weighed about 56kg, and my body fat percentage was 11%. I cut my body fat percentage in half, even though the scale only showed a 2.7kg drop in weight.

If I had only relied on the scale to measure my progress I would have been very discouraged, and probably would have given up as there were a few times during my prep when my weight actually went up.

So, you may be thinking, why did the scale increase if my body fat was decreasing? How did I transform my body so much, but only drop 2.9kgs? The answer is muscle – during my prep I gained a total of 4kg of muscle, and lost 7kg of fat. My body went through what I term, 're-composition'.



PHOTO BY Sean DeWitt

The key to successfully losing body fat is consistency. A healthy range of fat loss for women is 0.2-0.4kg of fat mass per week, which is the equivalent to a decrease of 0.25-0.5 percent body fat.

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BY CHELCIE REYNOLDS

WHY OPTIMAL THYROID FUNCTION IS ESSENTIAL FOR HEALTH, VITALITY AND A THIN WAIST

At the age of 18 a routine GP check-up landed me a visit at the hospital for a blood test and an ultrasound on my 'swollen' thyroid. The results were scary – not because of my condition, but rather my lack of knowledge.

A few days later I got a call from my doctor's receptionist, who instructed me to pick up my script. Initially I was confused as I thought that if I needed a script I would've been informed that I have a condition worth treating. However, this was not the case.

The receptionist explained that I have a condition called hypothyroidism – an under-active thyroid gland most commonly diagnosed in women over the age of 60, and that I now need to take a pill once a day. This upset me of course, particularly as my doctor hadn't explained the condition to me. I therefore took to Google.

Unfortunately, there isn't much information available on an under-active thyroid. While there's Wikipedia and a few blogs, there are very few, if any, academic articles. Despite this lack of reliable, in-depth information I was able to get a brief understanding of what a thyroid gland is, and what

impact the hormones it produces has on the body.

After my initial fear subsided and my tears stopped I came to accept the fact that I would have to take a little pill every morning for the remainder of my life. "That doesn't sound too bad", I remember thinking.

Correct diagnosis

Two years passed, and I decided to change doctors. My new doctor requested a thyroid blood test – sufferers generally get tested every six months – and was satisfied with the results, so decided to keep my dosage the same. However, that would prove to be the last routine measure in my treatment...

Following my research I knew that the thyroid controlled a lot of hormones in the body, but I was far too naive

to realise that the way I was feeling every day was due to the deteriorating function of my thyroid, which was to blame for my failing health.

At the age of just 21 my hair had started falling out. I would lose a fistful almost on a daily basis. I was also

fatigued and lethargic, so all I ever seemed to do was sleep. I stopped going to gym and my productivity at the office rapidly deteriorated. I just wasn't myself any more, but I didn't know what was wrong. I felt depressed, but couldn't understand why.

I went to the doctor and explained all my symptoms and concerns, but he wasn't overly concerned. My next six-month blood test was also due, and the results were described as "not great". However, at the time I was under severe pressure, so my doctor and I assumed that the stress was impacting on my hormone levels.

My doctor then suggested doing blood tests every six weeks to monitor my hormone levels more closely. We eventually ended up doing thyroid antibody tests as well.

After all the blood tests, which drained my bank account, my

At the age of just 21 my hair had started falling out.



THE THYROID IS A BUTTERFLY-SHAPED GLAND LOCATED AT THE BASE OF YOUR NECK IN FRONT OF THE WIND PIPE, WHICH SECRETES TWO VERY IMPORTANT HORMONES – TRIIODOTHYRONINE (T3) AND THYROXINE.

ACCORDING TO DR HENRY TURNER MBCHB (STELL.), THE FOLLOWING HORMONES ARE TESTED FOR THYROID FUNCTION:

- **Thyroid Stimulating Hormone (TSH)** - produced by the pituitary gland and acts on the thyroid gland.
- **Triiodothyronine (T3) and Thyroxine (T4)**, secreted in response to TSH, and help control your metabolism.

Normal hormone values in adults:

TSH = 0.4-5.0 mIU/L

T4 = 5.4-11.5 mcg/dL

T3 = 80-220 ng/dL

Different laboratories use different ranges and methods. It is important to use your specific laboratory's reference to interpret results.

doctor had further bad news. He told me that there seemed to be another problem, as my test results showed that I had over 1000 antibodies in my blood, which is not a good sign – the average person should have no more than 35. Even though it was acknowledged that “something was wrong” nothing changed – my medication didn’t increase, nor did it decrease for that matter. I was merely asked to continue doing blood tests every six weeks.

At this point I realised I needed to take control of my health and well-

being, as all my symptoms continued to worsen, as did my quality of life. I wasn’t living the life that a 21-year-old should be.

I took to Google once again, searching for “hypothyroidism and antibodies”. The results of this search made me realise that I had been too complacent about my condition, and that I needed to take a more proactive stance on my health.

Hashimoto’s thyroiditis flashed up onto my screen. I couldn’t understand how it was so evident from a simple Google search. Was it possible that

I had an autoimmune disease?

How was it that after four years of continuous blood tests that neither of my two doctors were able to pick up this disease? I knew enough not to trust Wikipedia to self-diagnose my problem. However, I couldn’t help but think I had a bigger issue than just an under-active thyroid.

I phoned my doctor and stressed my growing concerns. I asked if I could be referred to an endocrinologist, and was at his office the following day to pick up my recommendation letter, along with my latest blood test results.

Purely out of curiosity I decided to decipher the blood test results, which wasn’t very hard if I’m honest. The report showed my actual hormone levels, alongside the normal hormone level ranges. On the other side of the page it also indicated something rather important. It said the patient has >75% chance of having Hashimoto’s thyroiditis. There it was, in black and white. I couldn’t believe it! The results of the test had reflected a high likelihood of autoimmune disease, yet my doctors had said nothing about it.

Specialist treatment

Within two minutes of handing my test results to the endocrinologist she announced I had Hashimoto’s. A sense of relief filled my body, and without a second thought I gave out a celebratory air-punch.

However, the moment was bitter-sweet. While I had just been diagnosed with an autoimmune disease, I was still pleased to finally know what was wrong with me because this meant I would be able to improve my health and get my life back on track.

It had been four years since I had been diagnosed with an under-active thyroid, at the age of 18 – a lot of time relative to my age. However, I now understood the importance of the thyroid and why maintaining the optimal health of this endocrine organ was of paramount importance.

The endocrinologist explained that I felt the way I did because my hormones were completely outside of the normal ranges. Accordingly, my body wasn’t functioning as a 21-year-old’s body should. In fact, it was functioning on a level more reminiscent of a 60-year-old. The



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DON'T BE SCARED TO QUESTION YOUR DOCTORS.

endocrinologist used the term "internal fatigue", which perfectly described how I felt.

I told her that I knew I was under-active, yet I never suffered from weight gain. She explained that everyone is different, and that not everyone will experience the exact symptoms outlined for the condition.

She continued to describe all the side effects of Hashimoto's, the most shocking of which was the fact that at my current hormone levels I wouldn't be able to conceive. The thyroid not only affects your body, but also your

in which I was taking my medication was completely incorrect, and I was ultimately under-treating my thyroid without knowing it.

The treatment that followed the diagnosis was a series of blood tests done every six weeks while I slowly increased the dosage of my medication, until my thyroid hormones finally fell within the normal range for my age.

Understanding the thyroid

The thyroid is a butterfly-shaped gland located at the base of your neck in front of the wind pipe, which secretes

two very important hormones – triiodothyronine (T3) and thyroxine. Dr. Henry Turner MbChB (Stell) explains that "the thyroid produces hormones that play a vital role in the regulation of your body's metabolism. It can be seen as part of the fuel that your body's 'engine' needs to run."



THYROIDNATION.COM REPORTS THAT YOU SHOULD AVOID SOY AND GLUTEN. SOY BOTH INHIBITS THE ABSORPTION RATE OF THYROID MEDICATION, AND ALSO HINDERS THE FUNCTION OF THE THYROID.

body's ability to reproduce. As a young person this was devastating to hear.

She also asked how I was taking my medication – I took my pill every morning at around 09h00 at the office with a cup of coffee and my usual bowl of oats. I had never been told that there was a method to taking my thyroid medication. It's actually somewhat of a science. My endocrinologist told me that thyroid medication must be taken on an empty stomach, and one must wait at least 30 minutes before eating. Consuming caffeine within one hour of taking the medication was not recommended. Similarly, consuming soy within two hours was also ill-advised as both substances hinder the absorption of the thyroid medication. As a result the manner

The thyroid can affect your body in many ways depending on whether you have too much or too little of these thyroid hormones in your body.

Too much (hyperthyroidism or an over-active thyroid) results in a patient experiencing nervousness, anxiety, increased perspiration, heat intolerance, hyperactivity, palpitations, weight loss despite an increased appetite, and general symptoms of hyper-stimulation.

Too little (hypothyroidism or an under-active thyroid) results in a patient experiencing fatigue, weight gain, decreased appetite, cold intolerance, dry skin, hair loss, sleepiness, depression, forgetfulness and poor memory, impaired fertility, and decreased hearing.

Dr Turner explains that Hashimoto's thyroiditis forms part of



"I'VE COME TO LEARN THAT THE THYROID IS A RELATIVELY SMALL ORGAN THAT CAN HAVE MASSIVE RAMIFICATIONS THROUGHOUT YOUR ENTIRE BODY!"

a spectrum of autoimmune thyroid diseases. "It occurs when the body incorrectly identifies its own thyroid tissue as 'foreign' and attacks it. This causes a release of thyroid hormones which gives you the symptoms of hyperthyroidism. Ironically this process burns the thyroid out and results in hypothyroidism."

How things have changed

After I started taking my medication correctly I began to feel a difference within a month. It took months, with blood tests and three increases in dosage to reach my correct thyroid hormone levels, but since then I've felt a wonderful change in my energy and mood. My family and loved ones have also commented that I'm more positive and energised again.

I also continued to spend a fair amount of time researching Hashimoto's to find out what else I could do to better my health, in addition to taking medication. I found a couple of reports that indicate that your diet can affect the thyroid and its functions. These reports have not been medically proven, but from my personal experience I have felt a difference in my everyday life by simply avoiding these foods.

Thyroidnation.com reports that

you should avoid soy and gluten. Soy both inhibits the absorption rate of thyroid medication, and also hinders the function of the thyroid. Gluten contains gliadin, a class of proteins present in wheat and several other cereals, which has a very similar molecular structure to that of thyroid hormone. Once gliadin has reached the stomach it is absorbed into the blood stream where the antibodies recognise it as a thyroid hormone, and attack the thyroid even more as a consequence.

Through my experience I've come to learn that the thyroid is a relatively small organ that can have massive ramifications throughout your entire body. An unhealthy thyroid, or a lifestyle that stresses this gland, puts you at greater risk of developing complications such as autoimmune disease, thyroid cancer or lymphoma. If you have a family history of thyroid conditions, and you experience any of the symptoms listed in this article, it's worth going for a check-up and doing a blood test.

While we're able to control the condition and the disease, you must first discover it and accept it. This tiny organ can change your entire life if you let your ignorance get in the way of your health – **so be proactive and don't be scared to question your doctors.**

SEVERE COMPLICATIONS OF HYPOTHYROIDISM INCLUDE:

- Slow heart rate that can cause patients to slip into a coma.
 - High blood pressure and elevated cholesterol levels (significant risk factors of heart disease).
 - Infertility.
 - Alzheimer's disease (increased risk in women).
- (Source: www.thyroidweek.com)

FOR MORE INFORMATION OR SUPPORT:

www.thyroidweek.com
www.thyroidlink.com
<http://www.endocrine.niddk.nih.gov/pubs/hashimoto/>
www.endocrineweb.com
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DE BRUYN**
Female Winner



Here's what our previous winners had to say

"You're probably wondering if this is for you. Stop wondering, it is! All you have to do is commit to try it. Just give it a try..."

Rina Sadie, previous challenge winner

"The thing I enjoyed most was the sense of community, everyone in my group was motivated and wanted to see me succeed"

Dane Herbst, previous challenge winner

"Joining the Supashape 12 week challenge was one of the best things I've ever done for myself!"

Laura Kruger, previous challenge winner

YOU ASKED, SO WE GOT OUR
LOCAL FITNESS SUPERSTAR,
NICOLE SEYMOUR TO ANSWER

fitness PROBLEM SOLVERS



► CAN I LOOK LIKE A FITNESS MODEL *without drugs?*

After a hiatus of a few years, as she expanded her family, launched a few new businesses, and took on a new personal challenge, the formidable mind (and body) of multiple IFBB fitness champion, fitness model, and local CrossFit legend, Nicole Seymour, has made her long-awaited return to the pages of this magazine as a contributor.

Q Last year I successfully completed a 12-week weight loss programme, and went from 58kg to 48kg at my leanest. I'm currently averaging 50kg when I'm not so strict with my diet. I'm quite petite and do weight training daily. I use supplements such as whey, creatine, BCAAs, glutamine and CLA. However, I don't seem to build any muscle. Is the only way to look like a fitness model to take some kind of testosterone or steroid? And what effects do they have to my future prospects of bearing children?

Fiona, via email.

A Congratulations on your results; your achievement is really fantastic! I personally don't agree with or promote the use of steroids, at all. For me, one's health and looks are far too important to even think about using anabolic steroids. Every individual is different, so you never know how steroids will affect you or your body.

The first thing you need to do is give the process more time. Achieving the best shape that you're physically and genetically

capable of will only happen with the right amount of consistency and dedication. You need to do everything correctly; eat the right quantity of food, including the right types of foods in your meals (the correct ratios of protein, fats and carbs), while eating exactly when you should, with the correct portion sizes according to your requirements and goals. You also need to train with 100% effort at every training session, using the right form of weight training, five or six times a week.

You also need to consider the element of individual difference. We all respond to training and diet differently, so you'll never know what you're capable of until you're pushed out of your comfort zone. If you aren't happy with where you are currently then you need to sit down and re-evaluate your approach, and then change things up until you find an approach that works for you.

First and foremost, I would suggest changing your training routine. Find a good trainer, if you can afford one, and work

with him or her for a while. Let them use their qualifications and experience to make informed decisions about the best approach for you. If that's not an option, then find someone to train with who will constantly take you out of your comfort zone, and make you do things you never thought were possible. It would be beneficial if this person has some experience, and success, in achieving their own physique goals.

At the end of the day, the process of building muscle takes time, especially if you don't use steroids, but the results, and your sustained health, will definitely be worth it in the end. With the right approach, and your continued commitment to the process, you will start to see results. With hard work, dedication and determination there is no reason why you won't succeed. If you want it bad enough you can achieve your goals, and can do so without performance-enhancing drugs; I am proof of that fact.



WE ASKED OUR EVER-GROWING SOCIAL MEDIA COMMUNITY TO SEND US THEIR TOP QUESTIONS FOR NICOLE, WHICH SHE ANSWERED, EXCLUSIVELY FOR THIS FEATURE.

{ ACHIEVING THE BEST SHAPE THAT YOU'RE PHYSICALLY AND GENETICALLY CAPABLE OF WILL ONLY HAPPEN WITH THE RIGHT AMOUNT OF CONSISTENCY AND DEDICATION. }



MONOTONOUS WORKOUTS *eroding motivation*

Q I get tired of the monotony of my gym workouts very quickly. I'm constantly researching new exercises to work into my routine, but I don't know too much about which exercises to pair together, and which exercises are the absolute essentials that I cannot exclude. How, or where, can I make up a routine that varies with each week or fortnight, but covers all the major muscle groups? I'm looking to gain strength, stamina and flexibility, in both my upper and lower body. Fat loss is not necessary as I'm petite and skinny.

Mireesha, via Facebook.

A An effective exercise programme should be specific to your goals, and the structure will depend on your desired outcomes. If you find your workout boring or monotonous, and you're not achieving your goals, then you need to change things up. Try something completely different every week until you find what you enjoy most, and what your body responds to best.

As long as you're performing compound exercises through a full range of motion, with correct form and technique, there is no reason why your strength and flexibility won't increase. Another way to ensure that you are progressing, specifically with regard to your strength, is to keep a logbook or record the weights you lift, and how many times you lift them. Always aim to increase the weight you lift, even if it's just by 0.5kg or 1kg, at least every three weeks, as this ensures adequate progression and adaptation.

For me, the most important aspect of training, and achieving long-term,

sustainable results, is to enjoy every session. The more fun you have the better your results will be, as you'll be more dedicated and determined. It's a chain reaction. I would therefore recommend that you find someone to train with; someone who is motivated, and above your capability levels. If they are more advanced than you then you will constantly strive to accomplish what they do at each session, and hopefully they will be driven to always try stay ahead of you.

Other great options to consider in your training, both in terms of added variety and as effective ways to boost your strength and stamina, are plyometrics and calisthenics. Both use your body weight, and are really effective at developing strength. One final consideration as a completely different training modality is kettlebells. They are a great form of exercise to build both core and functional strength, while improving movement efficiency and overall mobility.

You can learn how to perform a range of these exercises by reading this magazine, and previous editions (available for download from iTunes, Zinio and Magzter), the Internet, particularly YouTube, or qualified instructors.

At the end of the day, I don't believe that there is a single 'perfect' way for everyone to train. You need to experiment and see what suits you best, and what delivers the results you're after. Just about every form of exercise, when performed correctly, will deliver some degree of benefit.

Try something completely different every week until you find what you enjoy most, and what your body responds to best.

IN TERMS OF YOUR EXERCISE SELECTION, THE THREE MOST IMPORTANT EXERCISES THAT I WOULD INCLUDE ON A WEEKLY BASIS ARE:

DEADLIFT

The deadlift works both the lower and upper body, including your glutes, quads, hamstrings, lower back, upper middle back, abs, traps

and forearms. Deadlifts require the expenditure of large amounts of energy and calories, and trigger a large release of growth hormone.

SQUATS

The problem with squats is that most people hate to do them, simply because they're hard. However, my theory is that the hardest exercises deliver the biggest returns and benefits, and from my experience squats certainly do just

that. They pretty much work every muscle group in your body, and, much like the deadlift, they also trigger the release of large amounts of human growth hormone, which aids muscle growth and strength development.

PULL-UPS

This is one of my favourite exercises as it delivers a number of overall benefits. For starters, I enjoy the fact that they utilise your body weight. Many people also avoid this exercise because it can be quite difficult to execute,

but this difficulty is an indication that the pull-up has the potential to improve your fitness and transform your body. There are also many progressions for the pull-up, so it would be really difficult to get bored with doing them.



DIET-BASED under performance

THE ESSENTIALS



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AND CARB BLEND
AND PRE-
AND INTRA-
WORKOUT
PRODUCT
CONTAINING
HIGH GI
CARBS
AND AMINO
ACIDS



HERE IS A LIST OF FOODS THAT I WOULD GENERALLY AVOID:

*Dairy products, as most
of us are still lactose
intolerant.*

*Grains, including wheat,
rye and barley, as
most people are gluten
intolerant.*

Processed foods.

Vegetable oils.

Refined sugar.



Q I'm a CrossFit fanatic and need some advice on nutrition: what not to eat, what a portion should consist of, and what's best to snack on before and after training. What supplements will aid in my CrossFit training, and on competition days? What's the best way to prep mentally and physically for a CrossFit comp, both in terms of training and nutrition. Lastly, how does one maintain energy during the day? I drink plenty of water, but when I train, by 17h00 I have very little energy, and I feel drained. It just feels that my diet isn't up to scratch, and it is affecting my training. Any tips on nutrition will be greatly appreciated.

Melissa, via email.

A There are general CrossFit dietary guidelines available from the CrossFit Inc website. They are as follows: "Protein should be lean and varied, and account for about 30% of your total caloric load.

Carbohydrates should be predominantly low-glycaemic, and account for about 40% of your total caloric load. Fat should be predominantly monounsaturated, and account for about 30% of your total caloric load. Calories should be set at between 0.7 and 1.0 grams of protein per pound of lean body mass, depending on your activity level. The 0.7 figure is for moderate daily workout loads and the 1.0 figure is for the more serious athlete."

THERE IS ALSO A GENERAL TREND WHEREBY CROSS-FITTERS TRY TO STICK TO THE PALEO OR CAVEMAN DIET. Basically, the Paleo diet is based on eating the type of foods that our ancestors, the

cavemen, survived on. These foods consisted predominantly of meat, fish, leafy green vegetables, fruit and berries. They excluded foods such as dairy, grains, cereal products and any other processed foods.

Our nutritional needs are still best suited to that of our ancestors, as our biology and metabolisms have not been able to adapt fast enough to the rapidly changing modern diet. We are therefore unable to process many of the processed convenience and fast foods we eat in our modern-day diets.

In addition, most people aren't genetically adapted to eating modern natural foods such as grains, legumes and dairy. Our bodies are not able to properly metabolise these 'new' food sources, some of which have only been available for the last 7,000 years, and most of the processed foods we eat have only been around for the last few decades. This has led to many modern-day health problems and lifestyle diseases.

The Paleo type diet is arguably one of the healthiest ways one can eat as it provides our bodies with the type of nutrition that works best with our human biology and genetics. This way of eating enables our bodies to function optimally, which helps contribute to the development of lean, strong, healthy and energised bodies.

As much as possible, I would suggest you stick to grass-fed animals as your main source of meat-derived protein, and free-range chickens and eggs. Eat a lot of leafy green, organic vegetables, and organic fruits. In terms of healthy, natural fats,

stick to coconut oil, olive oil, avo, fish and nuts as your main sources.

To boost energy levels try eating a larger proportion of your daily carbs, which should come from natural, healthy sources, such as fruit and veg, before and **directly after your training.** It is also important to balance your daily calorie intake with your basic metabolic requirements, and your daily activity energy needs. If you are constantly in a large negative calorie deficit you will lack energy, and will under-perform in the box.

In terms of supplements, the most important products include a suitable recovery shake, which in your case could be a protein-carb blend. Whey protein, or a whey blend, is the most effective product on offer. You could also consider a casein protein product for use at night to further aid recovery. A pre- and intra-workout product that contains high GI carbs and amino acids would also help to increase energy levels, and limit muscle damage during intense training and comps.

I suggest playing around with your nutrition until you find what works best for you. Use the Paleo method of eating as a guideline, and play around with the foods you eat. Just stick to healthy natural choices as far as possible. I believe that, regardless of your dietary approach, it is important to cut out all refined sugar and processed foods. You need to focus on eating good whole, nutrient-dense foods that are preferably hormone and pesticide free. **f**

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BIKE TABATA

THE STATIONARY BIKE CAN BE A SUPER-EFFECTIVE TOOL WHEN YOU'RE SERIOUS ABOUT FAT LOSS.

While it's a low impact form of cardio, which means it takes longer to burn the same amount of calories you would on a treadmill, you can use high-intensity training protocols on the bike to boost the burn.

A bike Tabata workout will help you blast more calories, and it'll cut the time you need to spend pedalling to see results, all while saving your knees and reducing the impact on your body.

HOW TO DO THEM:

Warm up with a 10 minute pedal at a moderate intensity and cadence (around 80 rpm is suitable).

THE TABATA:

1. Do 20 seconds of flat-out pedalling at a moderate resistance. Increase your cadence to 100 rpm or more.
2. Follow this with a 10 second interval of recovery cycling.
3. Repeat this 8 times.



Remember to stretch out your hamstrings after a good session on the bike!

Need more? Repeat this bike Tabata four times, for a 30 minute calorie-blasting cardio session. Include a slow 90 second recovery pedal between each Tabata.

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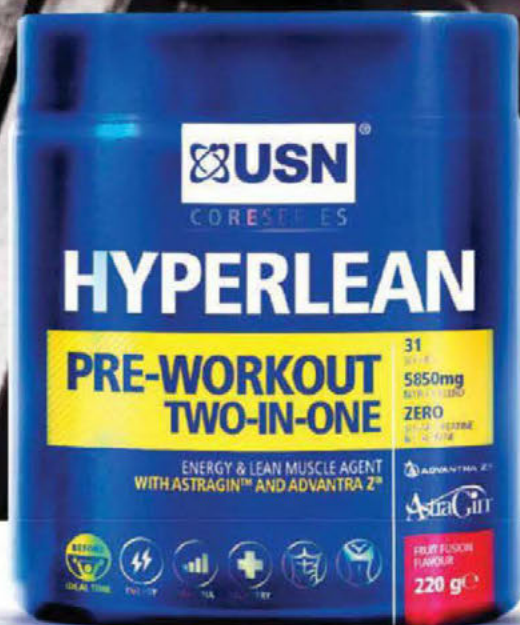
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Karla Danielz

USN INTERNATIONAL BRAND
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INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-CONTROLLED EATING PLAN AND REGULAR EXERCISE.

CRANK UP THE AMPLITUDE OF YOUR PROGRAMME WITH THESE 5 COMBINATION EXERCISES

BY PEDRO VAN GAALEN, Managing Editor
PHOTOGRAPHY BY Cindy Ellis
PERFORMED BY Laura Danielz, WBFF Pro
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THE MOVES

1. Goblet squat to press
2. Back-lunge with front raise
3. Step-up with curl
4. Push up to torso twist
5. Romanian deadlift with dumbbell rows



To help you reap all the benefits of combination exercises, *fitnes* magazine and WBFF Pro, Laura Danielz (@LauraDanielz on Twitter and Instagram) have brought you this "trim and toned in 25 minutes" dumbbell workout.



HOW TO DO IT:

Perform 3-4 sets of 12-15 reps of each exercise.

Note: Rest periods between sets should be 30-45 seconds. Do not rest for more than 90 seconds between exercises.

COMBINATION EXERCISES – two or more resistance moves performed together, or one directly after the other, as part of one exercise – are great tools to help boost the number of calories you burn during each exercise as you're targeting multiple muscle groups simultaneously.



DO THEM LIKE THIS...



A



B



C

Goblet squat to press

Stand upright holding a dumbbell to your front, grasping it under the weight plate. Position your feet shoulder-width apart, with your toes pointing slightly outwards. Lower your body down by flexing your hips and knees, and pushing your bum back. Push your knees out, but ensure that they don't extend over your toes. Keep your weight on your heels and keep your chest up. Return to the starting position by extending your hips and knees. As you reach the upright position, extend the dumbbell overhead. Bring the dumbbell back down to your chest and repeat.

Targeted muscles: Quads + shoulders



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Back lunge with front raise

Hold a dumbbell in each hand by your side, with your palms facing inwards. Stand with your feet shoulder-width apart. Keep your chin up and look straight forward. Shift your weight to one foot and take a step backward with the other, flexing at the hip and the front knee. Reach as far back as you comfortably can, landing on your toes, with the heel lifted. Bend your front knee to lower your hips until your front leg makes a 90-degree angle with the ground, bending the back

knee to a moderate angle. At the same time, raise the dumbbells up in front of you as you lower your body into the lunge position. Push off your back toe in an upward motion and bring your leg forward to return to a standing position. Lower the dumbbells to the starting position at the same time. Repeat the process for the opposite leg in an alternating pattern.

Targeted muscles:
Quads + glutes + shoulders

A B



FORM TIP: AVOID PRESSING YOUR BACK HEEL FLAT TO THE FLOOR. THE FRONT KNEE SHOULD POINT IN THE SAME DIRECTION AS THE FRONT FOOT THROUGHOUT THE LUNGE AND SHOULD NEVER MOVE PAST THE ANKLE.

Combination exercises ensure you're able to trim and tone in less time, and also enable you to fit in more during the time you have for training each week, like the often neglected stuff such as core work or mobility drills.

They also help to boost fitness levels beyond what traditional weight training can offer, and they help to develop greater coordination by linking movement patterns together. The key to developing effective combination exercises lies in the use of at least one compound exercise and an isolation move, which should flow smoothly and naturally from one to the other, to deliver a multi-joint exercise that targets multiple major and minor muscle groups.



A



B

Step-up with bicep curl

Stand upright, holding dumbbells in either hand, with a step or bench in front of you. Place the foot of one leg on the step or bench. Stand up on the step or bench by extending the hip and knee of that leg. Drive the other leg through to bring your knee up at the top of the movement. As you do so curl the dumbbells up towards your shoulders. Step back down and immediately perform the move again, this time leading with the other leg, in an alternating step pattern.

Targeted muscles: Quads + biceps



A

Push-up to torso twist

Position your hands slightly wider than shoulder-width apart on the floor, with your back straight and core engaged, in a push-up position. Lower your body toward the floor by bending your elbows. When your chest gets close to the floor, push yourself back up until your arms are fully extended. From



B

this position, shift your weight onto one straightened arm as you lift the other arm and rotate your torso and feet outwards. Rotate until your arm is fully extended and pointing directly upwards. Return to the starting position, perform another push-up, and then rotate to the opposite side.

Targeted muscles: Chest + abs



C

COMBINING THE TORSO TWIST EXERCISE WITH A CIRCUIT OF OTHER STRENGTH-TRAINING EXERCISES, SUCH AS PUSH-UPS, WILL ENSURE A GREATER CALORIE BURN.

FORM TIP: DO NOT ALLOW THE HIP OF THE 'FREE' LEG TO TILT UP AS YOU HINGE.



Romanian deadlift with dumbbell rows

Hold dumbbells in either hand. Stand upright with a neutral spine. Brace your core and place all of your body weight onto one leg. Bend at the hip, reaching down to the ground with both arms. Push your hip back and go as low as you can while maintaining a neutral spine. As you do so, extend your 'free' leg out behind you. When your back and 'free' leg are in alignment, forming a table top, hold that position, then row the dumbbells up to your rib cage. Lower the dumbbells back down, then contract your hamstrings and glutes to return to the starting position. Perform all the reps with the first leg, then repeat on the opposite leg.

Targeted muscles: Hamstrings + back + biceps

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THERE IS A GREAT DEAL OF MISUNDERSTANDING AND MISINFORMATION ABOUT FASTING DIETS.

BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology, and Consulting Nutritionist

It's been said, time and time again, that breakfast is the most important meal of the day. As the name implies, it is a meal intended to 'break the night-time fast', which supposedly 'revs' up your metabolism and halts the catabolism (tissue breakdown) that occurs overnight.

It is also widely accepted that to manage weight and lose body fat you should adopt the eating style of a 'grazer', which entails consuming small meals regularly. This too aids in boosting your metabolism, and keeps hunger pangs at bay.

These dietary guidelines have been widely

accepted as the 'gold standard' of healthy eating habits for a number of years now, and there's enough scientific proof to support the idea that this type of eating pattern can aid in weight loss, and improve one's health and overall quality of life.

It would therefore seem almost sacrilegious to question such an established and successful dietary approach. However, there seems to be a new type of diet regime that not only goes against this dietary paradigm, but also rattles the societal norms of our modern eating habits.

FASTING DIETS: FAD OR FACT?

Although fasting has been around for centuries, be it for religious or cultural reasons, it hasn't been accepted as a mainstream modern eating practice. Accordingly, there is a great deal of misunderstanding and misinformation about fasting diets, which makes the topic taboo in broader society.

At its core, the principles of a fasting diet can be understood as an eating pattern that restricts, limits or controls the amount of calories one eats, and the timing of that intake. To engage in a fasting diet you need to consciously and willingly change your established eating patterns, as fasting involves the purposeful manipulation of food, drink, or both, for a set period of time.

For example, instead of eating food throughout the day, at set meal times, you will be required to limit your food intake during certain parts of the day, or only eat during a particular time to enter into a fasted state.

While previous research and modern societal norms have fuelled the idea that a lack of regular meals can slow down the metabolism, recent research surrounding fasting shows that short-term fasting (6–18 hours) does not have this effect, and that only long-term fasting (48 hours or more) does. Accordingly, incorporating some form of short-term fasting into your diet won't be detrimental. In fact, the evidence that is now emerging seems to show that this approach to eating offers a wealth of benefits, from improved health, to enhanced weight and fat loss.

FASTING DIETS



This diet regime rattles the societal norms of our modern eating habits.

IT IS THEREFORE IMPERATIVE THAT YOU EAT NUTRIENT-DENSE FOOD WHILE UTILISING AN IF DIET, AS THIS WILL ENSURE THAT YOUR BODY GETS THE ESSENTIAL NUTRIENTS AND VITAMINS REQUIRED FOR OPTIMAL FUNCTION.

A NEED TO FAST

When we eat a meal, particularly those rich in carbs and sugar, our body releases the hormone insulin. It's a 'storage' hormone that is required to shuttle glucose from the bloodstream into muscle cells, where it is then stored as glycogen. Any excess glycogen gets stored as fat, which means that the more insulin our body releases the more 'storage' occurs.

In order to decrease the amount of insulin released in the body one needs to improve their insulin sensitivity – the relationship between how much insulin is needed to control and stabilise blood glucose levels.

Those who have a high insulin sensitivity can consume more carbohydrates than those with low sensitivity, as less insulin is required to deal with the resultant increase in circulating glucose. When those with low insulin sensitivity continue to consume carbs and sugar in excess, their bodies release more and

more insulin to try and cope, which eventually blunts their response to the hormone. This state is known as insulin resistance.

Another hormone that has been implicated in weight loss and weight gain is leptin. Leptin's main function is to control appetite, and it also promotes fat metabolism. When leptin levels drop you get hungry. When we eat, leptin levels increase, and once this reaches a threshold a signal that sufficient calories and nutrients have been consumed is sent, which shuts off hunger. However, owing to poor diets, yo-yo dieting and high levels of body fat, many people have also become leptin resistant. As a result, they don't feel full when they should.

If we want to experience successful, sustainable weight loss we need to regain our sensitivity to these important hormones, and one of the ways this can be achieved is through some form of short-term fasting.

INTERMITTENT FASTING (IF) IS ONE OF THE MORE POPULAR FORMS OF FASTING DIETS AT THE MOMENT.

FASTING VS FEASTING

One of the major criticisms of a grazing approach to daily eating is that it keeps insulin sensitivity low, as insulin is required throughout the course of a day to deal with this regular influx of food. Accordingly, you need to make informed choices about the composition of your daily meals – too many carbs, or carbs in every meal, will elicit an even greater insulin response.

However, there is another way to control this insulin response, which is fasting, and there are a few options available to you.

Intermittent fasting (IF) is one of the more popular forms of fasting diets at the moment. An IF approach to eating recommends that you eat the same amount of calories you would through the normal course of a day, but they should all be consumed within a specific time period or 'window'.

As an example, one form of IF eating recommends that you eat most of your calories around your workout, preferably 40% before and 60% after. By doing so you'll increase insulin sensitivity, and macronutrient partitioning is enhanced during the highly anabolic post-exercise period.

Another way to incorporating IF into your life is to follow the 5:2 principle, which recommends that a person eat normally for five days, followed by two days of calorie restriction. This version of IF was first proposed by Michael Mosley and Mimi Spencer, who authored the book 'The Fast Diet'. In the book they suggest that the 5:2 IF approach 'fools' our bodies, sending them into survival mode due to the perceived threat of starvation. In response the body makes use of stored fat for energy, and insulin sensitivity increases. When adherents to this diet do eat, which is recommended during the week, they are advised to consume their calories within a specific window during the day, which should be sufficient to meet their basal metabolic rate (BMR) and active metabolic rate (AMR) requirements during the week.

When this approach is used correctly, a nourished body that is placed in a fasted state intermittently will start to utilise ingested food more effectively for energy, and less will be stored as fat. However, if calorific foods with a low nutrient density are consumed when using this

approach malnourishment becomes a serious concern and possibility, and hunger is likely to increase over the medium-term. And if you continue to spike insulin with the foods you eat while following an IF diet, you'll still experience cravings and hunger. It is therefore imperative that you eat nutrient-dense food while utilising an IF diet, as this will ensure that your body gets the essential nutrients and vitamins required for optimal function.

PSYCHOLOGICAL BENEFITS

Amber Simmons, PhD, from the EAS Academy, explained that one major psychological consequence of IF is rediscovering one's hunger. We often eat when we aren't hungry these days, be it to conform to cultural norms, as part of a regimented routine, or we're simply just bored and therefore eat. This type of eating isn't triggered by hunger, but rather by an external stimulus such as an event. Similarly, emotional eaters usually respond to the impulse to eat due to stress or an emotional event, which are also external stimuli.

It has been suggested that by removing the option to eat between certain times, IF can help people rediscover good, healthy eating habits, and rid themselves of the bad ones, like mindless and emotional eating. This is not to suggest IF can 'cure' emotional eating, but it can be a useful tool in the process. In addition, even those who aren't emotional eaters can reconnect with their natural sense of hunger, which will help to establish healthier eating habits.

BENEFITS AND DISADVANTAGES OF IF

While there are a number of physiological benefits of IF, such as an increase in the release of growth hormone, and improved insulin sensitivity, as we've already mentioned, there are also a number of other benefits. Numerous articles and studies on the subject have highlighted the fact that adherents will be able to enjoy bigger, more satisfying meals when they do eat. In addition, less time is spent preparing food, as fewer meals are eaten throughout the day.

However, there are drawbacks to this way of eating. For instance, many people complain about feeling overly full, and feel that they need to overeat to get all their calories in during the stipulated 'window' period. Some women have also complained about the anxiety that accompanies this perceived 'overeating'.

Studies have also shown that IF affects men and women differently. One study found that while IF increased insulin sensitivity in men, the same effect wasn't seen in the women participating in the study. However, in another study, on obese people, it was found that both obese men and women dropped body fat, body weight, blood pressure, total cholesterol, LDL cholesterol and triglycerides while following a fasting regimen.

These differences could be attributed to the fact that men and women have inherent metabolic and hormonal differences which could, in part, determine how we respond to a stressor like intermittent fasting. This may also account for individual differences in the success people experience when using this dietary approach.

CONTEST PREP AND IF

As a bikini competitor I understand the important role that nutrition plays in preparing for a show, in addition to maintaining a healthy lifestyle during the off-season. With regard to IF and prep, it is essential that all calories are consumed during the day.

Louise van der Nat, a WBFF pro, competition prep coach, and owner of Extreme Figures, agrees with this statement. She explains that "if IF is something you can follow as a lifestyle, and it works for you, then it can be used for competition prep. However, an athlete's ability to get all the necessary nutrients their body needs during such a stressful time, in such a short time period, is a major point of contention."

Simmons has also been quoted as saying that there are very few well-controlled, scientific studies that investigate the effects of IF on body composition and performance in athletes. This makes it difficult to come to conclusions about IF as a suitable competition prep diet.



BY Melanie Heyns and Pedro van Gaalen
ADDITIONAL REPORTING BY Carlene Steenekamp

TRAINING THROUGH YOUR TRIMESTERS

Exercising during a healthy, complication-free pregnancy is highly recommended as it can help to alleviate back pain, ease discomfort, boost energy levels, improve the quality of sleep, and may help to reduce the risks of gestational diabetes, pregnancy-related high blood pressure and postpartum depression.

In addition, the right type of exercise during pregnancy will also help women prepare for the physical demands of labour, and can also reduce the recuperation period after birth.

However, it is not a time to try to lose weight, or keep pregnancy weight gain to a minimum. During this time of growth and development exercise for optimal health should become your priority.

WHO CAN EXERCISE?

If you were physically active before your pregnancy, then you can continue to exercise at the same level, as long as you're comfortable and there are no health concerns.

For those who weren't active before falling pregnant, but want to start a programme, moderation is key, at least initially.

It is generally advised that pregnant women engage in low-impact activities such as walking, swimming or yoga, preferably under the supervision of instructors who are qualified to work with pregnant women. Exercises that target your pelvic floor are also highly recommended at every stage of pregnancy.

GENERAL GUIDELINES

For the majority of pregnant women, 30 minutes a day of moderate exercise is enough

to derive the benefits that are essential to a healthy pregnancy.

While many doctors like to recommend keeping your heart rate below 140 beats per minute (bpm), a more common and practical approach is the use of a rating of perceived exertion, or RPE, scale to determine your intensity. This approach is gaining preference as everyone is different, so a set figure like 140 bpm has different implications for different people. In addition, your heart rate changes during the course of your pregnancy as blood volume increases in the first and second trimesters.

The basic Borg RPE scale rates perceived exercise intensity on a scale of 6-20, where six means "no exertion at all" and 20 means "maximal exertion". The other common rating scale works from 1-10, where one is the easiest, and 10 the hardest – all-out effort. When using this system to rate your effort it is best to stay at an RPE of 5-6.

Pregnant women should rather check with their healthcare practitioner about exercising during their pregnancy if they:

- have had a premature baby or a threatened miscarriage before,
- have low iron levels or suffer from severe anaemia,
- the baby has been small during the pregnancy,
- have high blood pressure or pre-eclampsia,
- are overweight or underweight,
- have current or past joint or muscle problems,
- have current or past heart or lung problems,
- are expecting twins,
- suffer from diabetes.

Exercise is not recommended at all for pregnant women who:

- have gone into premature labour or had a threatened miscarriage during their current pregnancy,
- have a low-lying placenta (placenta praevia) after the 26th week of their pregnancy,
- have cervical incompetence, also known as vaginal weakness,
- are pregnant with three or more babies,
- have serious heart or lung disease,
- have persistent vaginal bleeding.

IMPORTANT:

Before you engage in any form of physical activity during pregnancy you should consult with your healthcare practitioner and/or OBGYN. They can determine if you have any contraindicative conditions that may place you or your baby at risk by doing exercise.

SUGGESTED EXERCISE GUIDELINES

FIRST TRIMESTER

The first trimester of pregnancy is often when moms-to-be experience lethargy, a lack of energy, and excessive tiredness. This can last for up to eight weeks, and it is generally ill-advised to train through the exhaustion. However, some women do tend to find that exercise can help to alleviate many of these symptoms.

Once energy levels increase you should engage in light, regular exercise – a combination of cardio and resistance training – at least three times a week, taking a full day of rest between each session if you're excessively tired.

SECOND TRIMESTER

This is the period when most expectant women feel their best during pregnancy. It's safe to exercise daily during the second trimester, with updated general guidelines from the American Congress of Obstetricians and Gynecologists (ACOG) stating that "thirty minutes or more of moderate exercise on most, if not all, days of the week, are acceptable for pregnant women without medical complications."

Keep exercise light, and at a slow and steady pace. If you choose to exercise more intensely, remember to increase your daily calorie intake accordingly – above the extra 300 calories a day needed during the second trimester.

However, that baby bump will become more prominent during this stage of pregnancy, which is a key consideration in your exercise selection process. Take note of the weight of your growing baby during this phase, as well as the burden that your expanding belly places on your lower back. This is a great time to add more core strengthening exercises to your routine, to give your back the support it needs. However, avoid lying flat on your back as this can compress the vena cava, affecting blood flow to the uterus.

As your belly gets bigger, your centre of gravity shifts, so you'll be less agile than you once were. Keep this in mind when performing your workouts and choosing your exercises.

Another important factor to consider is that, from the fifth month of your pregnancy, your body produces a hormone called relaxin, which is responsible for loosening joints in preparation for the growing baby, labour, as well as delivery. Your joints become 'looser', which increases the risk of sprains or strains. Accordingly, avoid participating in exercises that require excessive, deep stretching or high-impact activities such as aerobics.

Finally, reduce the length and/or intensity of your workouts if you're finding them too difficult, or don't have the energy to continue. Shorter duration, more frequent exercise is often better than longer duration sessions during this time.

THIRD TRIMESTER

It is generally advised that pregnant women shouldn't do more than three sessions of vigorous exercise a week in their third trimester. If you were doing higher intensity, moderate impact exercise during the first two trimesters, it might be a good time to start dialling it back a bit as you approach your due date.

This is the trimester when you really feel the weight of the baby, and you'll start to experience more fatigue, as well as lower back pain. Choose your type of exercise wisely during this stage of your pregnancy, but don't stop unless you really have to.

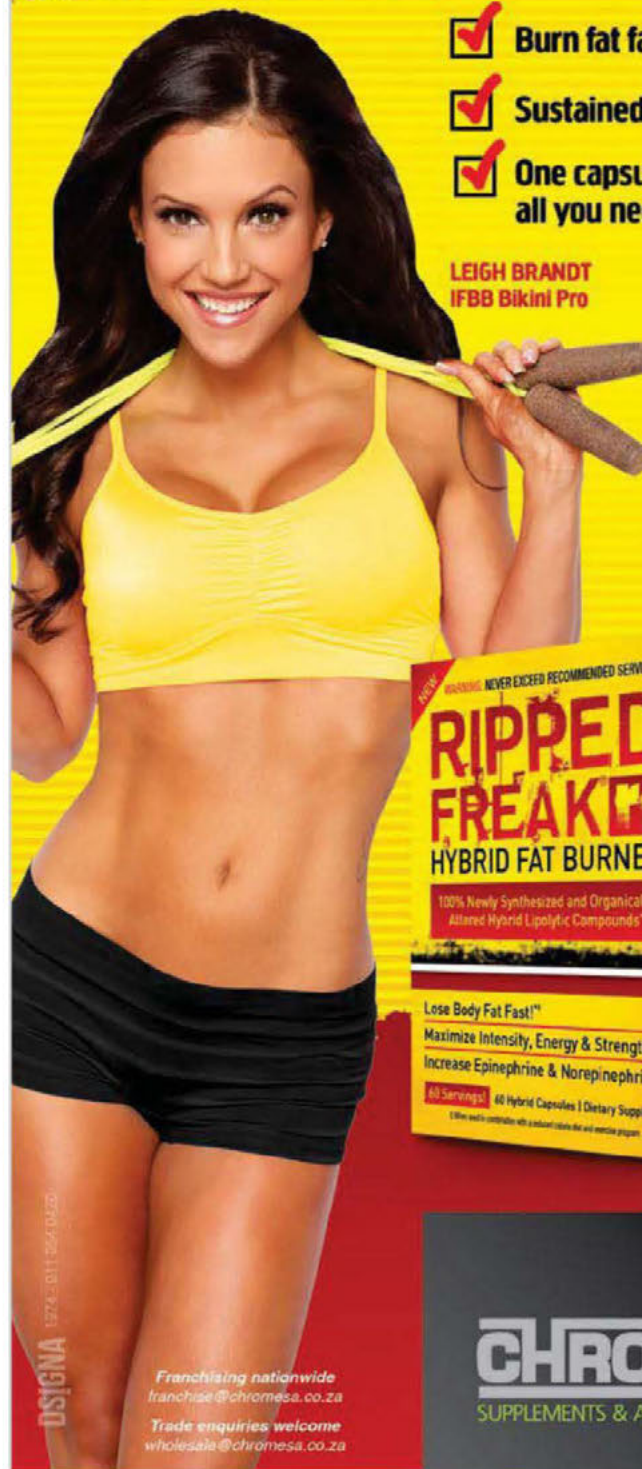
Avoid exercises that require balance or carry a high risk of injury, due to the increased size of your belly, and the weight of your baby. The weight of the uterus on your bladder can cause stress incontinence, so be wary of straining too hard.

The exercises you perform during this stage of your pregnancy should focus on preparing for the physical demands of labour, if you are planning to give natural birth.

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WORDS BY Jen Jewell IMAGES BY Noel Daganta www.ndpictures.com


*WBFF pro and fitness supermodel
Jen Jewell shares her ultimate
upper body superset routine*

UPPER BODY BLAST WORK- OUT!

SUPERSET MOVES:
SAVE TIME AND BUILD
STRENGTH WITH THESE
HEART-PUMPING SUPERSET
MOVEMENTS.

SUPERSETS ARE TWO
EXERCISES PERFORMED
CONSECUTIVELY WITHOUT A
REST PERIOD BETWEEN THEM.

New to strength training? No problem! For the first couple of weeks aim for two sets of each superset listed in the workout, then work your way up to 3-4 sets of each superset.



*With the sexy,
sculpted results you're
going to earn from
these fun and
efficient supersets,
you will want to rock
tanks and sundresses
long after summer
is over!*

YOU HAVE TWO WORKOUTS TO CHOOSE FROM

'WORK IT' CIRCUIT!

An efficient upper body blast for when you're in a time crunch!

Perform one set of each exercise in the circuit below, back to back, with no rest between exercises. After one full circuit has been completed, rest briefly (approximately 1 minute) and then repeat the circuit 2-3 more times. And don't forget to work it!

'WORK IT' CIRCUIT:

12-15 REPS OF EACH EXERCISE LISTED BELOW. PERFORM EACH EXERCISE BACK TO BACK, WITH NO REST.

- **STANDING ARNOLD PRESS**
- **INCLINE BICEP CURLS**
- **OVERHEAD MEDICINE BALL SLAMS**
- **LATERAL RAISES**
- **PLANK WITH DUMBBELL PUNCHES**

Perform the required sets and reps from each superset before moving on to the following superset.

SUPERSET 1:

3-4 SETS OF 12-15 REPS

1. Standing Arnold presses
2. Incline bicep curls

SUPERSET 2:

3-4 SETS OF 12-15 REPS

1. Hammer curls with rope
2. Single arm tricep pressdowns

SUPERSET 3:

3-4 SETS OF 12-15 REPS

1. Standing lateral raises
2. Overhead tricep extensions

SUPERSET 4:

3-4 SETS

1. Rear delt raises on incline bench (12-15 reps)
2. Plank with dumbbell punches (8 punches per arm, alternating arms for a total of 16 punches per set)

OR

TRY THIS

STANDING ARNOLD PRESS

Stand upright with your feet positioned shoulder-width apart, with your head and chest up. Holding dumbbells in each hand, flex one arm up so that your palm is facing your shoulder. Rotate your palm outward, away from your body. As you do so, press the dumbbell overhead. Bring the dumbbell back down to your shoulder, then reverse the rotation movement in a controlled manner, to return to the starting position. Repeat for the required reps, then repeat the movement on the opposite arm.



INCLINE BICEP CURLS

Sit on an incline bench set at 45-60 degree. Hold dumbbells in either hand, with your arms hanging straight down and your palms facing in. Raise both dumbbells, rotating your forearms until your forearms are vertical and your palms are facing your shoulders. Lower the dumbbells back down to the starting position and repeat for the required reps.



Finished your set and still feel like you can tackle more? Increase your weight!

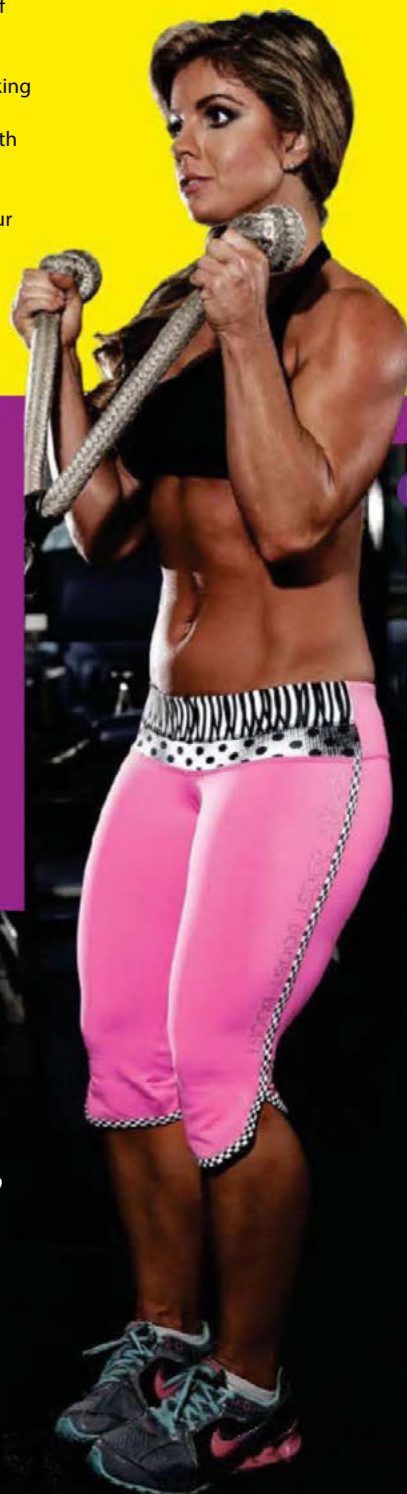
**"HERE IS A 'FIT' TIP TO HELP CHART YOUR PROGRESS,
AND KEEP THOSE MOTIVATION LEVELS UP!"**

**YOUR BEST
BODY STARTS
NOW!**

**FINDING TIME TO
WORK OUT IS HALF
THE BATTLE ALREADY
WON. FINDING A GYM
IN A CONVENIENT
LOCATION WILL HELP.
IT IS ALSO EXTREMELY
BENEFICIAL TO JOIN A
GYM WITH MULTIPLE
LOCATIONS. PACK
YOUR GYM BAG THE
NIGHT BEFORE
SO THAT YOU HAVE
FEWER EXCUSES.**

I created this upper body workout exclusively for you, because I want to help you sculpt and shape the upper body you've always wanted! It's time to take 'starting point' pictures of yourself! Now, throw on a swimsuit and take the front, side and rear view pics of yourself – no filters or crafty lighting allowed! No, you don't have to share these with the world, or your friends on social media. However, taking starting point pictures of yourself (and a progress pic once a week after that) is hugely motivating, especially when it comes to tracking fat loss, or reshaping your body with lean muscle through strength training. Just think how amazing it will be to look back at day one pictures, a month or two into your journey, and see all your results. I personally think that progress pictures chart progress better than checking the mirror on a daily basis, or reading a

number on the scale or a body fat test. I cannot tell you how many times I've had clients tell me that they don't see that much difference in the mirror (we can all be our own worst critics), but when I put their starting and progress pictures side by side their jaws generally drop. Seeing these changes and the results they've achieved is hugely motivating, and keeps you pushing for even more!



A

HAMMER CURLS WITH ROPE

Attach a rope attachment to the low pulley. Grasp either side of the rope attachment with a neutral grip (palms facing each other). Stand up-right, with your feet shoulder-width apart, close to the pulley machine. Keeping your elbows at your sides, curl your arms up towards your shoulders, until your forearms are vertical. Lower your arms back down, until they are fully extended. Repeat for the required reps.

Proper form is essential in any exercise. To get the most from your workout, always keep your core tight and engaged throughout the movement.

B



SCULPT
THOSE
JIGGLE-
FREE
ARMS

SINGLE ARM TRICEP PRESSDOWN

Grasp a single stirrup handle attachment with an overhand grip. Position your elbow at your side. Extend your arm down, then return your arm to the starting position. Repeat for the required reps, then continue with the other arm.

A



B



A



B

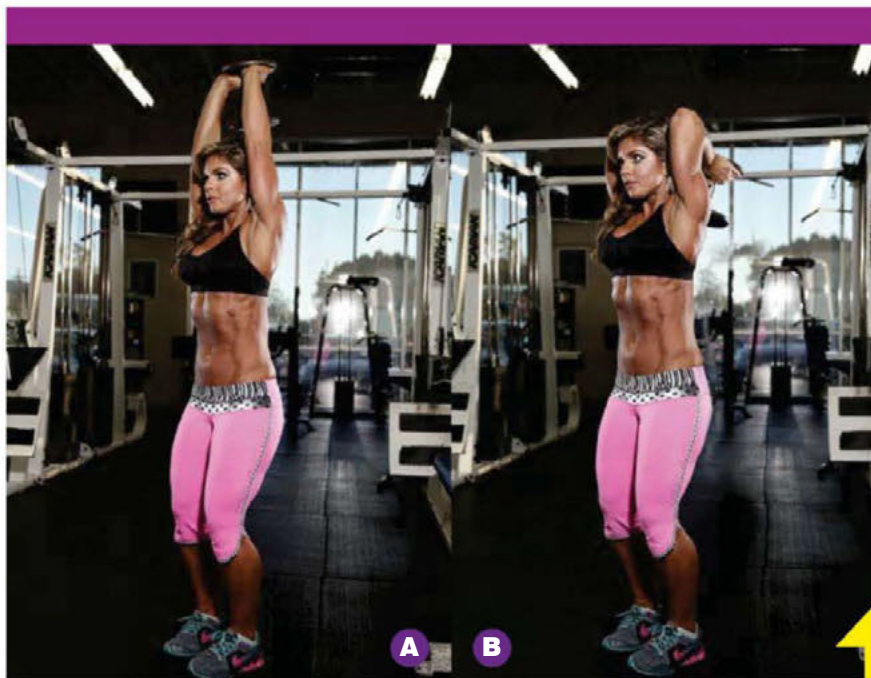


C

STANDING LATERAL RAISES

Stand up straight, holding dumbbells in either hand, with your feet positioned shoulder-width apart, and your palms facing your sides. Lift your arm out to your side until it is parallel to the floor. Reverse the movement and repeat.

NEVER RUSH THROUGH THIS MOVE – KEEP STEADY AND USE CONTROL.



OVERHEAD TRICEP EXTENSION

Stand upright, holding a dumbbell overhead with both hands under the inner plate using a diamond-shaped grip. With your elbows overhead, lower your forearms behind your upper arms by flexing your elbows. Flex your wrists at the bottom of the movement to stop the dumbbell from hitting the back of your neck. Raise the dumbbell back up by extending your elbows while hyperextending your wrists.



REAR DELT RAISES ON INCLINE BENCH

Lie chest down on an incline bench, holding dumbbells below you in either hand. Raise your upper arms to the sides, until your elbows reach shoulder height. Ensure you keep your elbows above wrists by raising your hands 'pinkie' side up. Return to the starting position and repeat.



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LIFT AND LOWER YOUR ARM IN A SLOW CONTROLLED MOTION. DON'T ROTATE YOUR HIPS AS YOU 'PUNCH' THE DUMBBELL.



PLANK WITH DUMBBELL PUNCHES

Select two dumbbells that you're comfortably performing a front raise with. Place them on the floor in front of you, slightly wider than shoulder-width apart. Move down into the extended push-up position, gripping the dumbbells. Hold this plank position for a count, before lifting one arm up to perform a dumbbell 'punch'. Lower your arm back to the starting position and perform a 'punch' with the other arm. Perform the required reps in an alternating fashion.

A

IMAGINE HOW GOOD YOU WILL FEEL ONCE YOU HAVE COMPLETED THIS WORKOUT. IMAGINE THAT FEELING AND USE IT AS MOTIVATION.



B



C

**BONUS
BURNOUT
MOVE**

OVERHEAD MEDICINE BALL SLAMS



A



B



C

Stand upright holding a medium-weight medicine ball in both hands. Lift the medicine ball overhead and then slam the ball into the ground as hard as you can. Try to use your whole body in the movement. Catch the ball and repeat.

Jen's tip:

I love adding overhead medicine ball slams to the end of this upper body workout. The overhead 'med' ball slam engages all of the muscle groups you just worked. Adding this move in at the end really brings the full workout together, challenging your upper body even more, which makes it my favourite upper body burnout move. Plus, it's a sneaky way to get an extra core workout in too! Keep those abs tight throughout the entire exercise, engage your core and get the most out of every rep!



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Agmatine is the next best thing in pre-workout supplementation. Synthesized from an amino acid; and through its metabolic pathways and mechanisms of action; not only does it support healthy nitric oxide production- thereby improving blood flow during my training sessions; but it has anti-oxidant properties to remove harmful free radicals and toxins, has a mild analgesic effect, enhances and improves the insulin response in the body, and has been shown to stimulate the production of growth hormone.

Betaine as an amino acid, has been shown to protect cells from environmental stress, increase protein synthesis, reduce the risk for chronic heart disease, and most importantly boost strength and power during training.

Creatine HCL, the most widely researched compound in bodybuilding; in its enhanced hydrochloride form increases its uptake into the cells, which is useful to provide the body with additional energy reserves during high intensity workouts. It is broken down to produce ATP (adenosine Triphosphate) the body's energy currency; and with more energy available, I am able to push the intensity of my workouts.

It is now easy to see why I use and stack these products to reach my goals. So what are you doing to achieve yours?

Sarah Hall

Biokineticist and Sponsored Athlete



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CARDIO QUEENS

Thinking of making the switch from the gym to endurance sport? Here's what you can expect...

IMAGES OF NADINE BY Jacqui Nightscales
IMAGES OF HLUBI BY Absa Cape Epic/SPORTZPICS



Nadine du Toit and Hlubi Mboya are two ladies who have been featured in this magazine, many times, for their toned, muscular physiques.

They crafted their bodies with weights, spending countless hours each week pushing, pulling and pressing against resistance, forcing their muscle tissue to respond and adapt by growing back, thicker and

stronger than before.

There is no doubting that this lifestyle of healthy eating and regular gym sessions is addictive, but, as both have come to realise, there is another exercise obsession that often catches the attention of

the physically active, and lures them out of the gym and into the wide open world of endurance sport.

Both Nadine and Hlubi have been bitten by the cycling bug, and are putting all the passion, dedication, commitment and determination that

made them so successful in the gym, and on the competitive stage, into a new outlet; Nadine out on the roads of Dubai, and Hlubi on the mountains around South Africa.

These girls have shed their bright capri gym tights for padded lycra, and are loving every pedal stroke. We wanted to find out why they made the change, and what the world of endurance has done to their lives, and their bodies...

NADINE'S TOUR DE FORCE

1. What prompted you to make the switch from a predominantly gym-based exercise regimen to one more focused on cardiovascular exercise?

In the fall of 2014, during my preparation for the WBFF World Championships, I played in a social soccer match. In an unfortunate turn of events I tore the ligaments in my right ankle. Facing a 12-week healing and rehabilitation period I made the hard decision to pull out of the competition, and hung up my so-called WBFF 'wings'.

Having cancelled my trip to Las Vegas I started my rehabilitation journey. As exercise has been a part of my life and career for so long, I naturally searched for some form of fitness activity to participate in while I was recovering. My local coffee spot and hangout in Dubai is a Paleo cafe, The Cycle Bistro. It is part of a bigger shop called

The Cycle Hub, which specialises in cycling-related products and services. I started to do casual mountain biking rides with them 10 weeks into my ankle recovery, and was surprised at how much I enjoyed pushing myself to beat the men while we were out riding. I quickly became very good friends with the staff at The Cycle Hub, and they encouraged me to take part in one of the bigger cycling races in Dubai, which had a big prize purse and was only a few weeks away.

The challenge of taking part in something where I could work hard and perform as an athlete, and, of course, potentially win some cash, was enough for me to get on a road

bike and 'clip in' for the first time in my life, just 10 days before the race. I was unbelievably scared and urgently started to research cycling races, and asked my friends all the questions a beginner asks when pursuing something that they've never done before.

I surprised myself, and I think many others, when I secured a podium position by placing third in my first ever cycle race, against seasoned female cyclists and triathletes. I was instantly hooked and decided that this is definitely a sport that I would like to pursue, to see where the time and training could possibly take me.

I'm now a sponsored athlete by The Cycle Hub, and pinch myself every day about the reality of doing something I love, and having the support of bikes, equipment and services to be able to pursue my new passion.

3. What changes have you experienced in your body and health as a result of the shift in focus?

Physically I've become leaner, without trying to, or without my focus being on losing weight or burning fat. After two years of battling feet injuries, I did become a

2. What is it about cycling that has you so enthralled?

It is the cycling community that makes it very easy for me to do this sport, at least for the next 'season' in my life. Everyone I meet in the cycling community is

extremely helpful and supportive. It's as if everyone has your back, whether it's advice, feedback or just asking if everything is all right when you stop next to the road to

take a picture. Also, the post-ride camaraderie, when you've been on the bike for three or more hours, and are enjoying a coffee and tasty treat, is also an amazing vibe.



more curvier version of my former physique athlete self, but now it's as if everything is falling into place, without physique-oriented goals being the 'obsession'.

With regard to my health, I'll shift the focus to mental health as I find that I generally feel more joyful these days. Whether it's because I'm spending more time outside, and less in front of a mirror, or that my sport is performance based, rather than a form of subjective comparison, I don't know, but I definitely don't miss the anxiety that a lot of physique athletes experience; the usual inner monologue of "will I be ready?" or "what will the judges think of me?"

4. What has been the greatest endurance sport challenge you've done to date?

In mid-January 2015 I participated in my first elite female cycle race. It was 117km, and included 26 massive rolling hills. I never thought that I'd be able to do it as I'd never completed that distance before, and in Dubai we generally don't have hills and mountains. Needless to say, my little legs were shaking doing all those big climbs, some that had an elevation gain of up to 400 metres, one after the other.

5. What are your future goals as an endurance sport athlete?

I'll be participating in the Cape Town Cycle Tour this year, and I'm in training for the UCI World Championship qualifiers in Dubai at the end of March. Hopefully I will qualify for the World Championships, which will be held in Denmark, in September. However, I'm realistic about the fact that I've only been on the bike for less than seven months, so my main goal is to do well in 2016.

"I spend more time outside and less in front of a mirror, my sport is performance based, rather than a form of subjective comparison."

Another secret dream that I have is to be a part of Dubai's first elite or pro female cycling team in the next two or three years. I know that my husband and I might start growing our family soon, so I'm not certain how or when those goals will be met, but for now I'm just happy to be a part of a thriving cycling community, and helping to introduce other women to the sport as well.

6. In your experience, how has endurance sport benefited your life?

I get to be outside, in nature, and be more social while training. I also eat for performance now, not because I need to 'hit my macros' or drop another percentage point of body fat, which is a more realistic way of living life. >>

"I definitely don't miss the anxiety that a lot of physique athletes experience; the usual inner monologue of "will I be ready?" or "what will the judges think of me?"

7. What does your typical training week look like now?

I'm currently still building my base, as they say in cycling. I therefore don't spend as many hours in the saddle as yet. However, that will change in April this year as my training becomes more intensive. My current weekly training split looks like this:

- Monday: 1 hour Kettlebell Sport workout, 2 hours cycling.
- Tuesday: 90 minutes cycling.
- Wednesday: 1 hour Kettlebell Sport workout.
- Thursday: 2 hours cycling.
- Friday: 90 minutes cycling, 1 hour kettlebell training.
- Saturday: 3-4 hours of cycling.
- Sunday: Rest.



8. What should readers consider before jumping into something like running, cycling or triathlon?

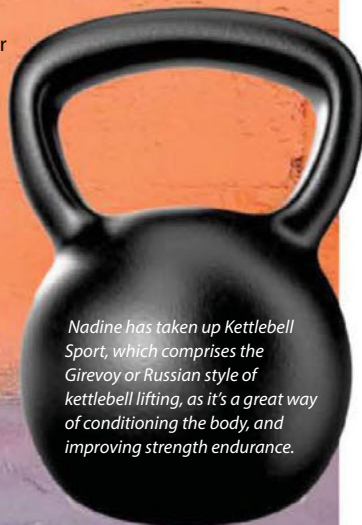
If you want to perform at a high level you'll have to be willing to carve out the time needed to train at the volume required. If you don't have a 'partner in crime' to join you, try your best to positively influence your spouse or friends, as it's a great way to spend quality time together while outdoors, training. When starting out in cycling, the costs involved of buying a bike and equipment might be daunting, but you don't have to buy new equipment to start, you could hire, borrow or buy second hand, and then make a decision later on if you would like to upgrade.

9. How has your diet and supplement strategies changed to meet the demands of your new fitness lifestyle?

To be honest, I know that this is a category that I could be much better at to support my performance. For now, I'm enjoying the freedom of eating fun foods every now and again, especially after a four-hour ride, where I've burnt almost 3000 calories, and can therefore eat whatever I want. I do heed good nutritional practices by eating a good balance and quantity of protein, healthy carbohydrates, vegetables and fruit, but I don't measure out my food or obsess over every single food choice I make, which does tend to happen when preparing for a physique competition.

10. Do you still include weight-based training in your regimen? If so, what is the importance or benefit to your endurance sport?

Yes, absolutely! One of the reasons that I believe I do so well at cycling as a novice is because of the years I spent training like an athlete with weights. I've been inspired by the team at Flux Motion in Umhlanga, and have subsequently taken up Kettlebell Sport, which comprises the Girevoy or Russian style of kettlebell lifting, as it's a great way of conditioning the body, improving strength endurance, and mental toughness too. For cycling, a strong core, back and upper body is beneficial to take the hammering of the long hours spent on the bike, and I believe that these two sports will benefit each other greatly.



Nadine has taken up Kettlebell Sport, which comprises the Girevoy or Russian style of kettlebell lifting, as it's a great way of conditioning the body, and improving strength endurance.



HLUBI'S EPIC ADVENTURE

1. What prompted you to make the switch from the gym to the trails and mountains?

I like to think that endurance sport found me, instead of me going to look for a new challenge. I was first invited to climb Kilimanjaro as a National Ambassador Against Hunger for the United Nations World Food Programme. I wanted to do it to be a role model, and therefore switched my training focus to include more cardio in preparation. After that I received the call that would change it all, when I was invited to take on the Cape Epic, the toughest mountain bike stage race on earth, as part of Team Absa. I loved the experience, particularly being outdoors, and I really loved the challenge it posed. I'm at my happiest when I'm taken out of my comfort zone, and the Absa Cape Epic certainly did that for me.

2. Why have you stuck with mountain biking, and not switched to road cycling or another endurance sport?

I have grown to love the unregulated natural environment that comes with mountain biking, particularly multi-day stage racing.

3. What changes have you experienced in your body and health as a result of the shift in focus?

I have become a lean machine! There is no doubt that the long hours in the saddle sheds lots of weight, a lot of which is muscle tissue, in addition to fat. The trick is to eat and supplement correctly to limit the muscle loss, and boost the fat loss. That's why I still rely on my Evox supplements, to give me energy on the bike, spare the muscle tissue, and help me recover afterwards.

4. What does your typical training week look like now?

I try to do a 30km ride twice a week, before work, with a long ride on the weekend, either on Saturday or Sunday. It does take time, but when you enjoy what you're doing, 4 or 5 hours on the bike doesn't seem like much. I also spin during the week – in fact I love spinning now! In between my cycling I still hit the gym, but you can't build muscle quicker than you lose it on the bike. I use weights to improve my strength on the bike rather than build and maintain muscle now.



5. What has been the greatest endurance sport challenge you have done to date?

Definitely completing the Absa Cape Epic, and conquering Kilimanjaro too.

6. What are your future goals as an endurance sport athlete?

I will be doing the three-day Sani2C stage race this year, and I would like to run the Comrades Marathon one year, but possibly only after I start a family with my hubby.

7. In your experience, how has endurance sport benefited your life?

In practical terms, I can generally eat what I want to these days. However, you still need to keep the health implications of what you put into your mouth in mind, which is why I still tend to choose the healthier options in carbs, fats and proteins.

Psychologically, taking on these challenges and doing all of the training has taught me that life isn't a sprint, it's a marathon. It's a journey, not a destination, so enjoy the experience and don't fixate on the end point. And, much like mountain biking, life is full of



valleys and mountain tops. Also, don't sweat the small stuff, and, most importantly, it's not how you start that matters most, it's how you finish.

8. What should readers consider before jumping into something like running, cycling or triathlon?

Firstly, you need to have a passion or serious interest in it, as you'll be investing a lot of time and money into the sport. Secondly, do your research, and speak to knowledgeable people who have experience in the sporting code and have done it before.


You also need a solid support structure. This includes a partner who supports your goals and can hold down the fort at home, because you will be training, a lot. You also need a trainer or coach who can help you, mentor you, and provide the technical support you need.

Lastly, get clued up on performance-based nutrition. It is a vitally



important element for any endurance athlete.

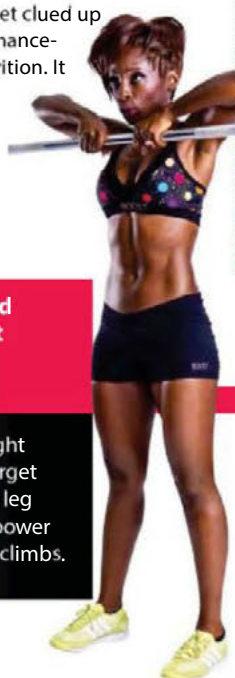
9. How has your diet and supplement strategies changed to meet the demands of your new fitness lifestyle?

In terms of my diet, I eat more of everything, but I make sure I eat more of the right stuff. In terms of supplementation, I now use carb-protein blends, like Evox Cyto Crank or Evox Rapid Recovery to refuel and repair after training or races, and a carbohydrate and electrolyte mix like Evox Carbo Vitargo while on the bike. 

"YOU WILL NEED A SOLID SUPPORT STRUCTURE, A PARTNER WHO SUPPORTS YOUR GOALS AND CAN HOLD DOWN THE FORT AT HOME, BECAUSE YOU WILL BE TRAINING, A LOT."

10. Do you still include weight-based training in your regimen? If so, what is the importance or benefit to your endurance sport?

Yes, I still do lots of Pilates, yoga, and weight training. I do these forms of exercise to target and strengthen my core, and develop my leg strength, both of which are essential for power generation on the bike, especially on the climbs.



"In between my cycling I still hit the gym."



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There are times when uncontrollable urges prompt us to eat foods with little nutritional value. So why do people crave unhealthy foods, and how can you avoid succumbing to temptation?

CONTROL

A CRAVING ISN'T HUNGER

Firstly, it's important to recognise the difference between a food craving and legitimate hunger. When hungry, your body releases the hormone ghrelin (known as 'the hunger hormone'), which literally 'compels' you to eat to survive.

Cravings, on the other hand, are an intense desire for particular foods, which experts believe are connected to the brain neurotransmitter, dopamine, and a class of chemicals known as opioids. Dopamine is a hormone released when we see or experience something new, and is linked to our reward centres in the brain. This hormone works in collaboration with opioids, which promotes feelings of enjoyment and pleasure. The reaction between these two substances creates a craving for certain foods, even if we have no nutritional need for them.



your cravings

WORDS BY Julia Lambert

MAKING INCORRECT FOOD CHOICES LIKE SKIPPING BREAKFAST AND GRABBING A MUFFIN CAN LEAD TO UNSTABLE BLOOD GLUCOSE LEVELS, WHICH CAN LEAD TO CRAVINGS.



Food cravings can either be physiological (physical) or psychological (mental), explains Pippa Mullins, a Johannesburg-based registered dietician, with a special interest in sports nutrition.

"A physiological craving can be a result of your body experiencing a suboptimal state," elaborates Pippa. "For example, an iron deficiency can lead to a craving for red meat, which is a good source of dietary iron, or a drop in blood sugar levels can lead to a sugar craving."

However, a psychological food craving can result from different emotional states or psychological associations with food. "For instance, when you are stressed at work, you may feel like you need to treat yourself with a Freezochino, or, if you feel lonely and depressed, you may feel the need for comfort from pizza," she explains.

In terms of physiological cravings, a desire for sugar is widely recognised by nutritional experts as the most common food craving. "This is because it has the effect of driving up our blood sugar levels, which means increased energy and often heightened awareness, which people like to feel," asserts Ian Craig, a qualified nutritional therapist and exercise physiologist, based in Johannesburg.

AND CRAVINGS

progesterone influence your appetite,

hormones and hunger, you may find that you crave specific foods at certain times during your menstrual cycle.

Avoid going for quick-fix carbs during your menstruation – rather grab some fruit.



"Unfortunately, what goes up must come down and this happens very quickly post-sugar consumption, resulting in people being tired and grumpy. The easiest way of dealing with these symptoms is then to reach for more sugar," he explains.

Unstable blood glucose levels and high insulin levels, which can lead to cravings, can also be a result of making incorrect food choices during the day, according to Pippa. "An example of this is starting the day by skipping breakfast, or by choosing a muffin and sugar sweetened coffee for breakfast," she explains. Ian adds that the gluten in grains and the casein in milk can also result in cravings, because they have a morphine-like property (morphine is considered an opiate).

Furthermore, a lack of nutrients in an individual's diet can also contribute to cravings. "This is less common in Western society, where food is readily available and accessible," says Pippa. "However, an iron deficiency can lead to strange cravings for potentially iron-rich foods." For instance, a craving for a juicy burger could indicate a need for more iron.

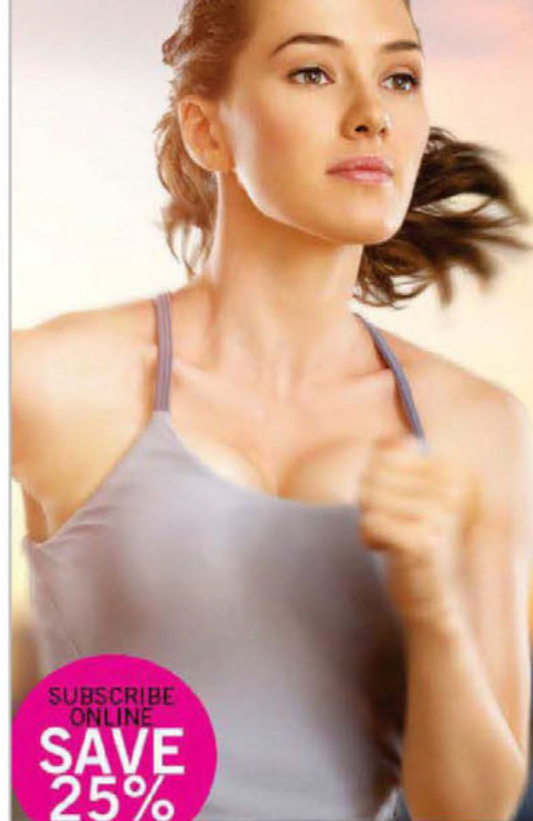
"Also, consider the importance of insulin for blood sugar regulation and the potential for insulin resistance and diabetes when it goes out of balance," adds Ian. "B-vitamins and the mineral chromium are vital for healthy insulin regulation, as are essential oils (omega-3 and -6), which help maintain the fluidity of insulin receptors," he adds.

When these nutrients are lacking in your diet, the resultant cravings can wreak havoc with your body and diet. "Restricting your food intake too much for your body's daily and training requirements can leave you feeling hungry or deprived, and this too can be a trigger for unhealthy food cravings," says Pippa.

Researchers have also found a connection between certain hormones and common food cravings.

"For instance, insulin is a key hormone connected to cravings because it is released when our blood sugar levels rise too high, and has the effect of driving sugars down," elaborates Ian. "Thus, if insulin has been particularly active, you might be in a blood sugar dip and crave sugar."

He adds that stress hormones, like cortisol, can stimulate blood sugar into yo-yoing, and being mentally and physically stressed can also result in bad eating behaviours. This is primarily due to the body's production of cortisol in response to stress, because its primary functions are to increase blood sugar through the metabolism of protein, fat and carbohydrates for use as energy by the body's cells, and to suppress the immune system. In addition, it blocks the release of leptin and insulin, therefore increasing hunger and cravings for high-energy foods, such as cakes and sweets.



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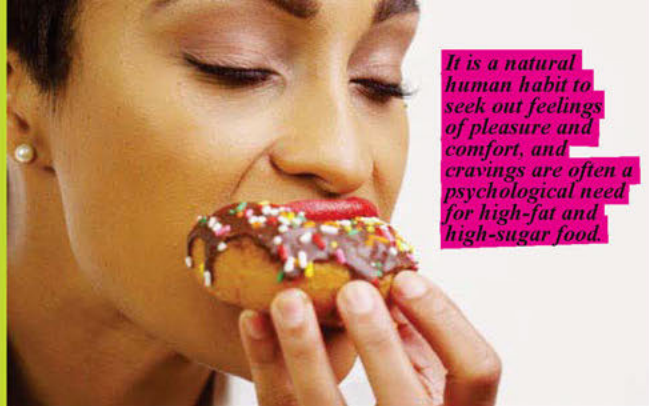
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WE HAVE
THREE KINDS
OF HUNGER:
PHYSICAL,
EMOTIONAL AND
INTELLECTUAL.



FOOD AND YOUR MOOD

While the grip of physiological cravings can be intense, one cannot underestimate the intensity of psychological cravings either.

"We have three kinds of hunger: physical, which requires food; emotional, which requires love; and intellectual, which requires knowledge, and sometimes we can get these three mixed up", asserts Ian. "If we are lacking love or attention, we can comfort eat, and if we are lacking mental stimulation, we can eat out of boredom".

It is a natural human habit to seek out feelings of pleasure and comfort and cravings are often a psychological need for high-fat and high-sugar foods, which taste pleasant and can actively alleviate pain by releasing opioids, creating a brief feeling of euphoria.

Pippa adds that conditioning taste buds to unhealthy foods can also contribute to cravings. This happens when people eat poorly on a regular basis and these foods become a preference, prompting cravings for these unhealthy foods.

"Having your senses exposed to certain, less healthy options is another contributor to food cravings", adds Pippa. "Examples of this include seeing a billboard for a take-away or smelling the local bakery's goods".

CURTAILING THOSE CRAVINGS

Ian asserts that the top strategy for preventing rampant food cravings is to stabilise your blood sugar levels. "You can do this by ensuring a good balance between carbohydrates, proteins and fats in each meal and snack," he explains. "Carbs on their own can be digested quite quickly, and push up blood sugars, whereas fats and proteins are digested slowly," he adds. "By combining them in a meal, overall blood sugar should be steady as a result of that meal or snack."

He also insists that it is important to eat before you become too hungry, to maintain your blood sugar levels and prevent over-eating at the next meal. The quality of the foods we eat is of equal importance. "Aim to shop at organic markets rather than purchasing supermarket food and your body should obtain higher nutrient densities, helping to dampen craving tendencies."

Pippa emphasises that establishing a good meal structure throughout the day is another important way to control cravings.

Allowing yourself a little of what you fancy, and concentrating on the size of portions is another way to indulge your cravings without derailing your health and fitness goals. Try to also clear unhealthy foods, like sweets and salty snacks, from your home and work area, and have healthy


meals and snacks available so that cravings can be avoided.

Substituting the unhealthy food you crave with a nutritionally sound replacement is another smart way to take back dietary control. For example, try eating apple slices with peanut butter instead of gorging yourself on ice cream and cookies. Or why not aim to eat magnesium-rich foods like nuts, seeds, or a little dark chocolate instead of caving into a craving for calorific milk chocolate?

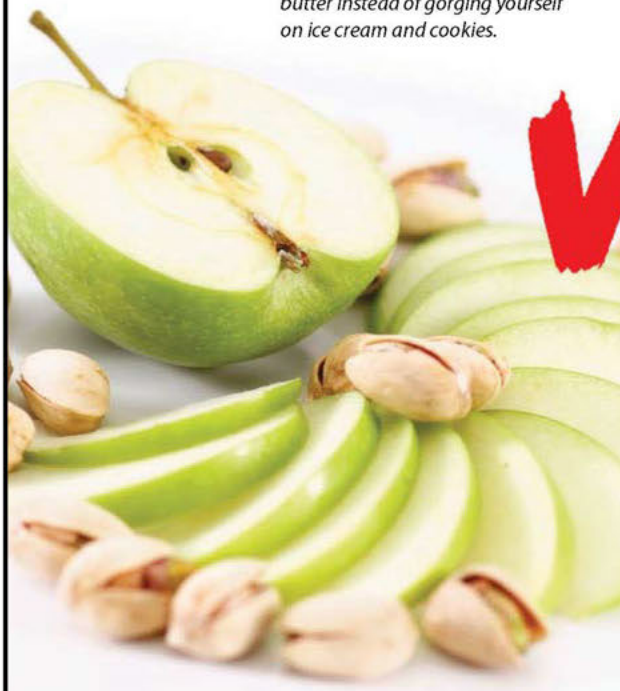
Distracting yourself with a non-food-related activity until the craving goes away is another way

to resist temptation.

Keep in mind that food cravings can also be a symptom of dehydration, so you should drink a glass of water before indulging, as this may quell your desire for food. "One should also recognise one's 'craving triggers', and put practices in place to help manage them," suggests Pippa. For example, stopping at the grocery store after work when hungry can result in the purchase of tempting foods and snacks when a food craving is triggered. "It would be wiser to do a weekly grocery shop over a weekend, with a food list that is not deviated from, and after an adequate meal," says Pippa.

Ultimately we need to accept that cravings are a part of life, but effectively managing your cravings will give you an edge in your quest to attain optimal health and fitness. Utilising these tips the next time a craving takes hold will not only assist you in taking back control, but will also allow you to feel and look your best in the long run. 

Try eating apple slices with peanut butter instead of gorging yourself on ice cream and cookies.



Try clear your fridge of unhealthy foods, like cakes and fizzy drinks, and have healthy meals and snacks available so that cravings can be avoided.



BOOST YOUR HEALTH

TIMING:
DRINK UP FOR
YOUR MID-
MORNING
SNACK

Broccoli is rich in dietary fibre, minerals, vitamins, and antioxidants that have proven to have many health benefits.

Banana & Broccoli Smoothie

INGREDIENTS


2 large bananas, peeled
2 cups frozen broccoli, chopped
226ml cold water

METHOD:

Place all the ingredients in a blender and mix until smooth. Either serve immediately or let it chill in the fridge.

Broccoli is a very low calorie vegetable. It contains only 34 calories per 100g.

Bananas suppress acid in the digestive tract, helping to reduce heartburn and guard against ulcers.



BY MELANIE HEYNS, Features writer
ADDITIONAL REPORTING BY Pedro van Gaalen

EXERCISE **AND** **YOUR** PERIOD

Training through your period is something we all have to deal with once a month. While a few lucky ladies will hardly miss a beat in their usual training routine, many of us have to grind through the lethargy, water retention and bloating, and irritability, while also trying to keep those cravings at bay so we

don't derail weeks of hard work, in just a few days.

It's understandable then that many of us prefer to skip the gym in the week or so leading up to your period. However, there are a number of benefits to training through this phase of your cycle. All you need to do is

understand the process and adapt your training and nutrition slightly to make it more comfortable, and get the most from your efforts.

PHYSIOLOGICAL CHANGES


A normal menstrual cycle usually lasts for 28 days, but can be anywhere from 21-35 days depending on a number of factors.

The cycle consists of two distinct phases, which are both driven by powerful hormones; oestrogen and progesterone. The first half of the cycle is known as the follicular phase, which begins with the onset of

THE HOW AND WHY OF TRAINING THROUGH YOUR PERIOD

your period. It usually lasts for 14 days, with oestrogen the dominant hormone at play during this phase. Once menstruation has ended, usually after 3-5 days, oestrogen levels begin to rise, and peak on day 14. This increase in oestrogen toward the end of the follicular phase culminates in a burst, which results in a surge in luteinizing hormone on day 15, which initiates ovulation.

The second half of the cycle is known as the luteal phase, which is when progesterone is the more prominent hormone. While oestrogen levels remain stable, but high, this increase in progesterone increases body temperature in preparation for fertilisation. If this doesn't happen, levels of both hormones decrease abruptly, and this phase ends with the start of the next period.



THERE ARE A NUMBER OF BENEFITS TO TRAINING THROUGH THIS PHASE OF YOUR CYCLE. UNDERSTAND THE PROCESS AND ADAPT YOUR TRAINING AND NUTRITION SLIGHTLY.

WOMEN WILL
GENERALLY FEEL
THEIR MOST
ENERGETIC
DURING THE DAYS
DIRECTLY AFTER
THEIR PERIOD
HAS ENDED.

PERFORMANCE IMPLICATIONS

If the end of your menstrual cycle clashes with a big race or event you've been training for, don't fret. It is unlikely that your period will affect your performance to a large degree, unless you suffer from premenstrual dysphoric disorder (PPDD). This is a condition where symptoms are so severe that they interrupt your daily life. In this case, severe cramps and heavy bleeding can make it impossible for you to exercise while on your period.

However, for the majority of us, it seems there is little evidence to suggest that there is a direct influence on performance. For instance, researchers in Turkey surveyed 241 elite athletes about how their menstrual cycle affected their performance. While nearly 75% of the women who responded said they felt worse

just before menstruation, 63% said that their pain decreased during training and competition, and 62% said that they believed their performance didn't suffer during their period.

Women will generally feel their most energetic during the days directly after their period has ended, as oestrogen levels are low and are only starting to rise. Make use of this time to get in your most intense training sessions.

During the luteal phase of the menstrual cycle a woman's body temperature rises, which boosts her metabolism. This means you'll burn more calories than at any other time during your cycle. This increase has been measured at anywhere from 2.5-11% above normal energy expenditure during this time. If you add intense, prolonged exercise to the mix you're going to increase thermogenesis and

boost your metabolism even further. This can exacerbate the lethargy you experience, and may leave you feeling run down.

This increased energy expenditure is also linked to the rise in appetite and cravings during this time. It is also worth noting that the fluctuations in these hormones, and the differing concentrations, affect energy metabolism. During the initial phases you become more fat efficient as oestrogen makes you more insulin sensitive, particularly with regard to insulin's effect on

fat cells. This means less fat is stored, and more is metabolised. Progesterone, on the other hand, makes you more insulin resistant.

The higher concentration of progesterone during the luteal phase also affects fluid balance, which initially results in a loss of water and electrolytes. If you're working out in hot, humid conditions during this time then it is important to drink enough water and add in a few extra electrolytes.

However, when progesterone levels drop, as you transition from the luteal phase back to the follicular phase, you experience premenstrual water and electrolyte retention, which results in that unsightly, uncomfortable bloating.

*When the
cravings kick in
then grab your
water bottle and
add in a few
electrolytes.*

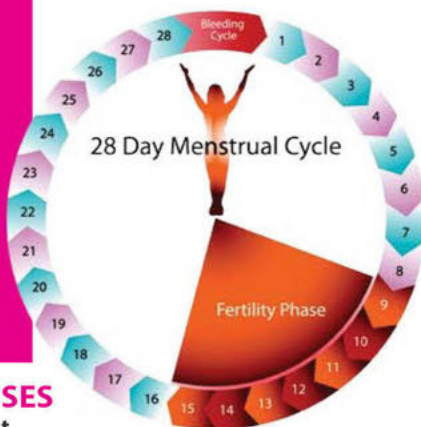
IF THE END
OF YOUR
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WITH A BIG RACE
OR EVENT YOU'VE
BEEN TRAINING
FOR, DON'T FRET.
IT IS UNLIKELY
THAT YOUR
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AFFECT YOUR
PERFORMANCE
TO A LARGE
DEGREE.



*Are you
race ready
during
your
cycle?*



EXERCISING TOO INTENSELY AT THE WRONG TIME IN YOUR CYCLE CAN AMPLIFY YOUR SYMPTOMS.



Exercising during your period can also decrease the pain of cramps by releasing endorphins, which improves your mood.

MANAGING MENSES

Working out, in the correct manner, can positively affect your body's hormone levels, which can help to decrease the symptoms we feel during 'that' time of the month. Conversely, exercising too intensely at the wrong time in your cycle can amplify your symptoms.

Exercising during your period can also decrease the pain of cramps by releasing endorphins, which improves your mood. Exercise also increases blood flow, and helps to relax muscles in your lower abdomen, back and thighs. Working out will also help to rid your body of excess water.

The trick is to start slow and build up progressively. When you feel bloated and irritable during your period it can be difficult to muster enough energy to exercise, but with this approach you'll probably find that you feel better after just 10 minutes. Warm up gently with some stretches. Modify your regular routine if necessary. Instead of a run, go for a brisk walk. You can

also jog, swim or lift light weights.

Keep your intensity low though. Any physiological changes resulting from menstrual cycle-induced fluctuations in oestrogen and progesterone are exacerbated during intense exercise. This happens as concentrations of both oestrogen and progesterone in your blood increase during intense training, in both the follicular and luteal phases. Low-intensity exercise, on the other hand, does not alter the concentrations of these hormones.

Doing certain yoga poses might also help with period pain.

Poses such as the cobra pose and the bow pose are gentle and have been known to relieve cramps because they help reduce uterine contractions. You should, however, avoid inverted poses as they can increase blood flow

to the area. Working out regularly can also reportedly lighten and shorten your menstrual flow.

DIETARY TOOLS

The severity of PMS symptoms have also been linked to poor dietary habits, which are compounded by the loss of important micronutrients during menstruation. The resultant low levels of magnesium, iron, calcium and B-complex vitamins can affect other bodily functions, your mood, and your performance, as a lack of iron reduces the oxygen-carrying capacity of your blood, and a magnesium deficiency has been linked with a number of maladies.

Accordingly, eating wholesome, nutrient-dense foods that contain

these micronutrients will help to alleviate symptoms. This should include lots of leafy green vegetables, beans, legumes, nuts, avos and a variety of healthy oils.

If you bleed a lot during menstruation it's possible that your blood's haemoglobin concentration may decrease, which can negatively impact your ability to transport oxygen throughout your body. Since iron is an important component of haemoglobin, you may need to boost your intake with a suitable supplement to limit these effects.

It is also recommended that you cut out the junk food, despite the cravings, as this can intensify the common symptoms associated with PMS. Avoiding processed foods, flour and sugar is particularly important during menstruation.

Drinking more water during your period may also help to reduce the amount of bloating you experience. While this may seem counterintuitive, the more water you drink, the more easily your body will eliminate the water you're retaining.



IT IS ALSO RECOMMENDED THAT YOU CUT OUT THE JUNK FOOD, DESPITE THE CRAVINGS, AS THIS CAN INTENSIFY THE COMMON SYMPTOMS ASSOCIATED WITH PMS.

BEWARE THE RISKS

A recent study found that, during menstruation, women are 10 times more likely to get anterior cruciate ligament (ACL) injuries than men. Australian researchers at the Sports Medicine Biodynamics Centre, at Cincinnati Children's Hospital Research Foundation, looked at the biomechanics of women while running on a treadmill. They found differences in the way their knees moved during their menstruation phase, in comparison to movement patterns during the ovulation phase, which included collapsing knees on impact, and a shift in running gait that incorporated more of the quads than the glutes and hamstrings. Researchers therefore concluded that decreased motor control during menstruation was to blame for the increase in ACL injuries.

Other than that, there are no other immediate or direct risks to your health during a healthy, normal menstruation period. The most important thing when it comes to exercise and your period is to listen to your body, but whenever possible try to get out there and engage in some form of light activity. Before long you'll be glad that you did.

FEMALE PHASE TRAINING

Female phase training is a way to cycle female conditioning and nutrition in a way that takes advantage of the monthly fluctuation of the main hormones in your menstrual cycle. As oestrogen and progesterone affect fat gain and fat loss through their direct impact on other hormones, this approach to female-specific training and nutrition aims to take advantage of the different phases of a woman's menstrual cycle to boost the impact and effectiveness of these lifestyle interventions. For more information on this approach visit www.metaboleffect.com.

Women are 10 times more likely to get ACL injuries than men.

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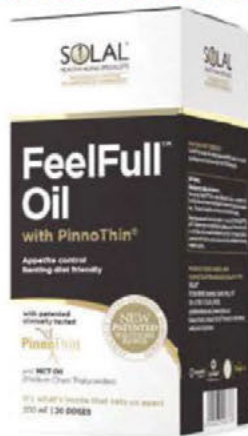


PHEDRA-CUT LIPO XT

An improved metabolic efficiency is all about your lifestyle approach. What better way to achieve this lifestyle than through some added help from USN Phedra-Cut LIPO XT! This market-leading formulation includes Raspberry Ketone and Green Coffee Bean Extract, as well as other thermogenic agents to improve the effect. Find out more on www.usn.co.za.

SOLAL FEELFULL OIL

Solal's FeelFull Oil is a new fat-based product that will make you fitter and faster, not fatter! Medium Chain Triglycerides (MCTs) are a type of fat that causes the body to produce fat-burning and energy-releasing ketones. Ketones also suppress appetite and boost metabolic rate. The results are weight loss and instant energy for physical performance and endurance.



SUPASHAPE FLAVOUR INFUSIONS

Water has numerous health benefits, including boosting your metabolic rate, and keeping your organs and muscles working efficiently. However, not too many people enjoy the bland taste of plain water. Supashape's Flavour Infusions will help you reach your daily water quota. Available in three fruity flavours, you can 'punch' up your water to meet your taste preferences with these zero calorie flavour enhancers.

NIKE TRAINING CLUB

Nike's training club promotes group training, focusing on high-intensity workouts, extreme strength training, competition and teamwork. This brand has built a 'cultish' fan base, and has taken the fitness world by storm. In synergy with the craze of CrossFit training, Nike has a wide range of training gear for these active workout sessions, and the demands of group training.



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SHAPELY HAPPY HIPS

Why sculpting that hour-glass figure, with hips that also function optimally, should be your ultimate goal

When most women discuss their hips they generally do so in reference to their size and shape, but you'll seldom hear a conversation between two female gym-goers about the importance of hip function and mobility.

And that's a bit of a problem because the hip hinge and extension are arguably the most important functional movements a person can perform. It's what enables us to walk, run, bend over to pick up our kids, jump, skip and even sit down.

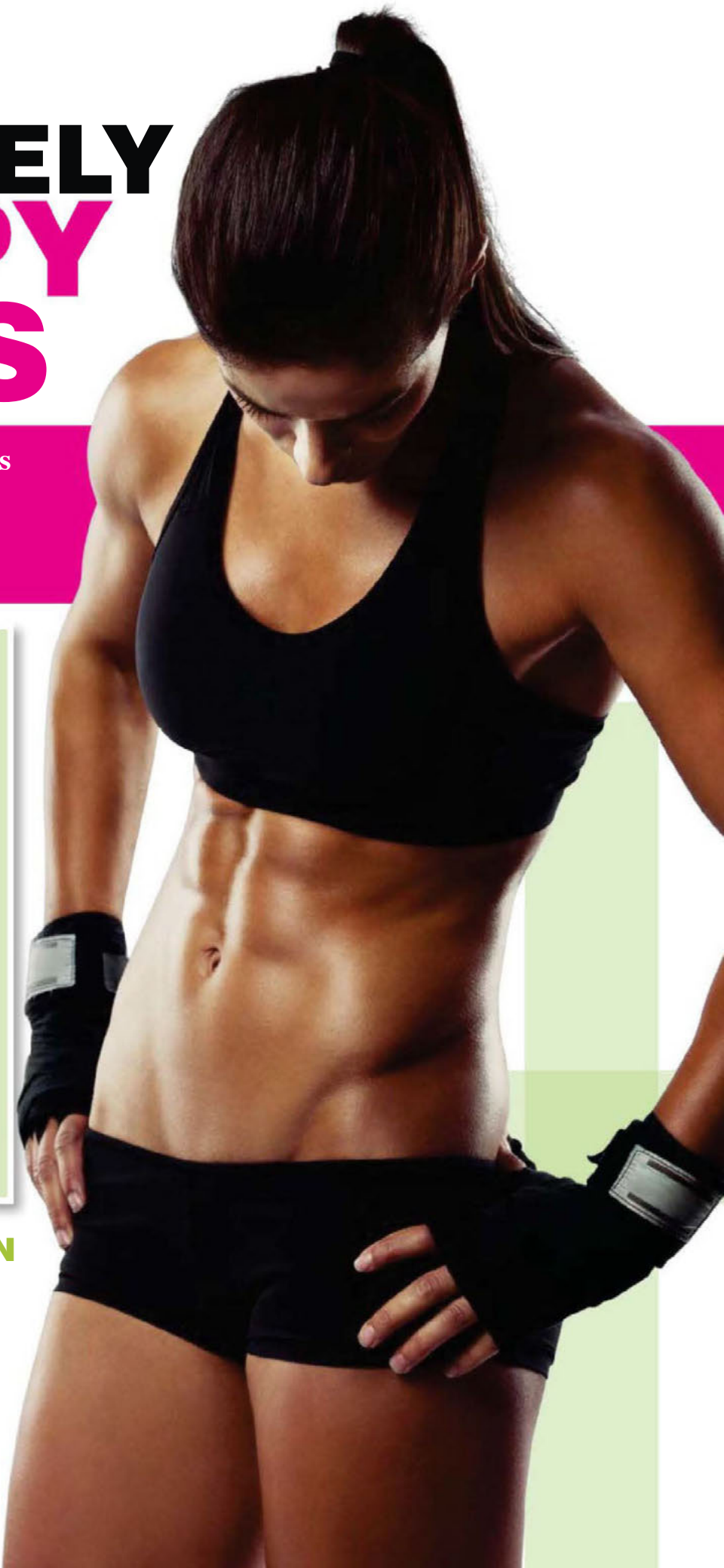
Sadly, as a result of our modern lifestyles mainly, which are characterised by hours spent sitting, most of us are dysfunctional in this extremely important area. As such, mastering the hip hinge, and subsequently improving all the structures around it, is vitally important, be it to correct imbalances, improve your functional strength, enhance mobility, or even just to perfect the exercises that will help to remodel your hips and the important muscle groups, aesthetically speaking, that surround it.

HIP FORM & FUNCTION

Let's forget about hip width, waist-to-hip ratio, and the desirable hour-glass figure most women want, for a second, and let's discuss the functional elements. The most dominant structure in the hip area is the pelvis, and there are significant

structural differences between a male and a female pelvis worth noting.

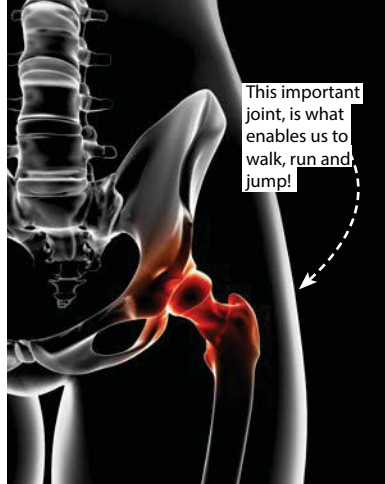
A woman's pelvis has two very important jobs – it enables you to move, and it is vital for natural childbirth. However, these two functions seem to be at odds with each other.



A wider birth canal would ensure easier, safer passage for baby into the world, but it is supposedly less suited to optimal human movement.

This 'obstetrical dilemma', as it is commonly referred to, has resulted in an evolutionary trade-off, one where women have developed a larger, broader pelvis than men. Whether this materially affects optimal biomechanics is being questioned, **but it has generally been accepted that narrower hips make for more efficient movement.**

The other key structural component is the hip joint,



a ball-and-socket joint located between the hip bone and the femur – the large bone of your thigh. This important joint, second only to the shoulder in terms of range of motion, is what enables us to walk, run and jump, with the help of tough ligaments, and a few

powerful muscles, of course.

And these muscles are numerous. The muscle groups linked with hip function are found in the lower back, abdomen (core), around the hip itself, and the upper thigh. Powerful movers like the glutes, quads, hamstrings, iliopsoas (a powerful hip flexor), rectus abdominis and the obliques (prominent ab muscles) are just a few of the muscles involved in hip hinge and extension movements.



It's important to keep your hip flexors strong as well as flexible. Make sure you take breaks at work and avoid sitting in the same position for hours on end.

Unfortunately for people who work at a desk for hours a day, the hip muscles can be extremely tight, causing sciatica, lower back and knee pain.

WHY HINGE?

Interestingly, many of us don't realise that most of the power in human movement is generated in the hips, which is why the hip hinge and extension are such important movements to master. The benefits to improving the mechanics of this movement have a beneficial spin-off in every aspect of life, and just about every activity we do in it.

There is also a growing body of evidence that suggests stronger hips can help to reduce

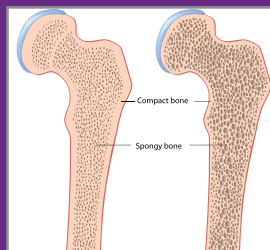
other injuries, particularly those that affect the legs. For example, a 2007 study conducted on collegiate female runners with patellofemoral pain syndrome, the most common knee injury in runners, found that the injury correlated with weaker hip abductor and hip external rotator muscles on the side of the injured leg.

Interestingly, subsequent studies suggest that the balance of strength in

opposing muscle groups in the hips may be a more important determinant of knee injury risk in runners than the absolute strength in any single muscle group. Another common injury associated with hip strength imbalances is lower back pain, which can often be resolved with some degree of rehab using various hip hinge exercises, and the strengthening of the muscles associated with the hips.

Lastly, osteoporosis is also a serious concern for women, with hip fractures one of the most debilitating injuries to contend with. While this might not be an immediate concern for younger women, there is a real need to maintain adequate bone density in the pelvis. This can be achieved by loading

up a bar and performing hip hinge movements like deadlifts regularly. However, if you're already post-menopausal, don't fret, it's not too late to start. A study conducted on postmenopausal women who participated in a 12-month strength training programme saw significant increases in the bone density of their spines and hips, the two areas affected most by osteoporosis.



FEMUR (BONE OF HIP) ANATOMY NORMAL AND WITH OSTEOPOROSIS.

HAPPY HINGING

So, with so much to gain, how can you incorporate more hip hinge movements into your programme? Well, the answer isn't to dive into the first squat rack you see. In fact, the squat is a quad-dominant exercise, and is often performed without a adequate hip hinge movement by a number of gym-goers. The deadlift, and a number of its variants, are more suited to developing better, stronger hips.

Other suitable options include kettlebell swings, and plyometric-type movements like box jumps and broad jumps.

How to do it: The hip hinge movement pattern involves sitting back – pushing the hips back – with minimal knee flexion, maintaining a neutral spine, and then 'snapping' forward. Avoid tilting your pelvis forward, which positions you in a forward lean, during a hip hinge movement.

If you are struggling to perfect this movement then there are a number of ways to improve it, including instructional videos with a number of drills, or consulting a personal trainer or strength and conditioning coach who is a specialist in functional movement screening and coaching.



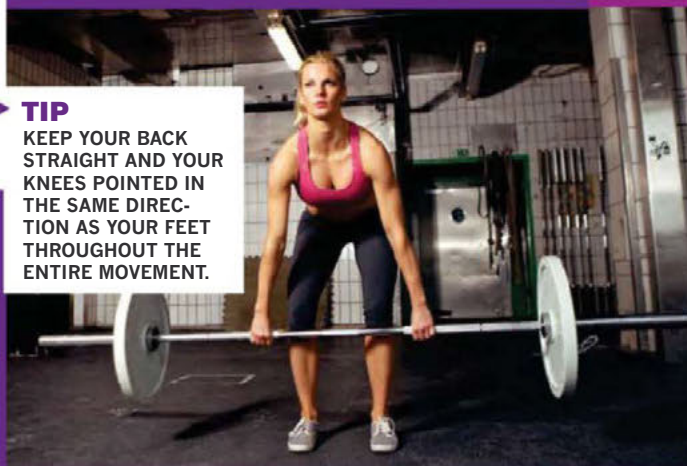
TO HELP YOU DEVELOP YOUR HIPS INTO THE STRONG, POWERFUL STRUCTURE IT WAS DESIGNED TO BE, HERE ARE FOUR EXERCISES TO PERFORM REGULARLY.

TRY THIS

HIP HINGE EXERCISES

TIP

KEEP YOUR BACK STRAIGHT AND YOUR KNEES POINTED IN THE SAME DIRECTION AS YOUR FEET THROUGHOUT THE ENTIRE MOVEMENT.



DEADLIFTS

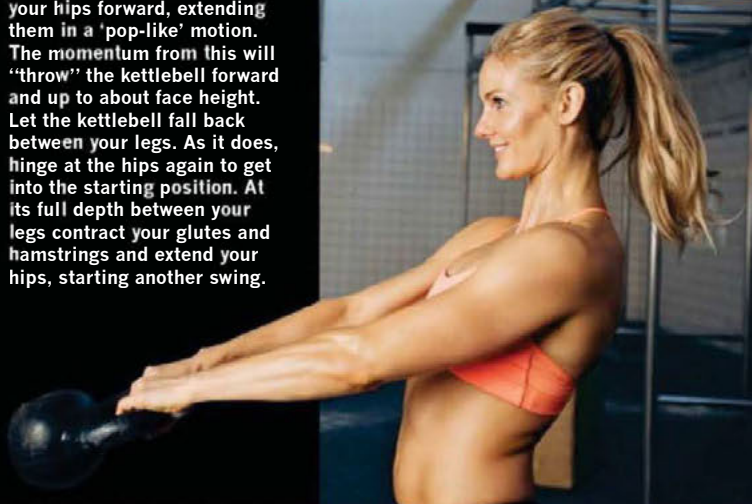
HOW TO DO IT: With your feet placed flat on the floor beneath a loaded bar, drop your hips down, and grasp the bar with an overhand or mixed grip. Position your hands at shoulder-width or slightly wider apart. Keeping your head up and in a neutral position with your spine, lift the bar by extending your knees and driving your hips upwards. Keep the bar close to your body throughout the lift. Pull your shoulders back at the top of the lift and hold for a count. Return to the starting position by bending your knees and dropping your hips back.

KETTLEBELL SWING

HOW TO DO IT: Set up with the kettlebell just in front of you. Lower yourself down by hinging at the hips, and pushing back with your glutes, until you're able to grip the kettlebell. Keep your back straight. Pull your shoulders back and down by engaging your lats. Pull the kettlebell back hard so that your hands go between your legs, until you feel the tension in your hamstrings. Make sure to keep your body aligned and tight, with your upper body braced. Contract your glutes and hamstrings forcefully to drive your hips forward, extending them in a 'pop-like' motion. The momentum from this will "throw" the kettlebell forward and up to about face height. Let the kettlebell fall back between your legs. As it does, hinge at the hips again to get into the starting position. At its full depth between your legs contract your glutes and hamstrings and extend your hips, starting another swing.



B



SINGLE-LEG ROMANIAN DEADLIFT

HOW TO

DO IT: Put all of your bodyweight on one leg, reaching out with your opposite arm. Stand with a neutral spine. Bend at the hip, reaching for the ground with the opposite arm while sticking your hips back. You should feel the hamstrings and glutes stretching and engaging. Go as low as you can while maintaining a neutral spine. Contract your hamstrings and glutes, then return to the starting position. Perform all the allocated reps with the first leg, then repeat on the opposite leg. It is important that your pelvis does not rotate, so don't let the toes of your trailing leg point outwards. As you master the movement and get stronger add dumbbells.



ADVANCED MOVE

BOX JUMPS

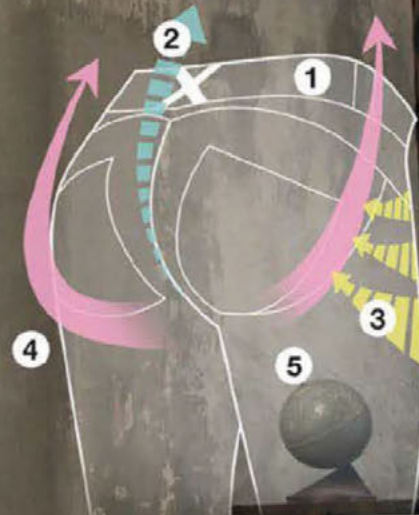
HOW TO DO IT: Stand facing a secured box with your feet slightly wider than hip-width apart. Lower your body into a semi-squat position and immediately jump up onto the box. Don't hold the squat position before jumping up, and keep the time between dipping down and jumping to a minimum. Ensure your feet land softly on the box. Immediately jump back down to the same position and repeat, once you have regained your footing and returned to the starting position.



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COMPILED BY Melanie Heyns

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THE LATEST TRENDS AND CONCEPTS, AT A STUDIO NEAR YOU!



GROUP TRAINING

WRITTEN BY Pedro van Gaalen, Managing Editor

Group training is, without doubt, the most dynamic sector within the health and fitness industry. In an effort to remain relevant, and trendy, gym chains and industry entrepreneurs are constantly updating their concepts, or launching entirely new offerings into this highly competitive marketplace.

However, as the general public has become more educated and savvy, the success of group training is no longer just about the novelty. In today's demanding consumer environment results matter too, and it's the concepts that are able to find the right balance of uniqueness and effectiveness that are the most successful.

To give you an update on the latest trends sweeping the local and global health and fitness industries, *fitness* magazine takes a look at a few of the newest, most popular forms of group training, and also reviews those that have had a bit of a facelift.

There is a variety of different equipment that is used in the group training sessions.



VIRGIN ACTIVE'S THE GRID

The Grid, available at Virgin Actives around the country, is a high-intensity group training class that takes six core movements and mixes them together in a circuit-like fashion, with stations positioned in a grid pattern.

There are also a number of Grid variants already on offer, such as Grid Active. This class consists of "deliberate movement through a defined pathway, done repetitively, without resistance". Grid Lean is based on a Tabata protocol work-to-rest ratio – 20 seconds of all-out effort, followed by a 10 second rest period – which makes it the ideal calorie blaster. It's quick and delivers results, whether it's weight loss or improved fitness. It's also a great introduction to a variety of different pieces of exercise equipment. Grid Fit is based on an ascending ladder system, commonly referred to as 'The Accumulator'. The programme's structure consists of 30 seconds of movement, followed by 30 seconds of rest. The aim is to perform as many reps as possible, without sacrificing technique, before a participant moves on to the next exercise. This process continues until all six exercises in the grid have been

completed. Virgin Active The Point also recently launched Outdoor Grid, which forms part of The Point's outdoor training facilities. The programme uses six primal movements that people use every day: push, pull, squat, bend, twist and lunge. This grid consists of suspension points for TRX straps or boxing bags with classes that combine strength, cardio and flexibility. Classes are completed in a maximum of 30 minutes, and also follow a Tabata protocol structure.

Visit www.virginactive.co.za for more info.

Classes are completed in a max of 30 minutes and follow a Tabata protocol structure that combines strength, cardio and flexibility.



AERIAL YOGA

Pop your head into your local yoga studio and you're bound to find a studio where people are hanging, often upside down, from special slings attached to the ceiling.

This is aerial yoga, a newer form of yoga that is sweeping the country. Unnata Aerial Yoga was founded and developed in New York in 2006 by Michelle Dortignac, a professional aerial acrobatic performer and certified yoga teacher. Group classes consist of floor work and aerial exercises, stretches and relaxation. The workout itself focuses on the use of the low-lying soft fabric sling or hammock, which is suspended from the ceiling, to hip height. Aerial yoga makes use of the fabric sling to distribute your body weight between the floor and the sling, which allows users to perform a variety of movements that build muscle and core strength, and improve flexibility. The sling assists yogis with challenging poses, as it supports the body's weight and allows the body to lengthen as a pose is held. While it may look complicated and technical, the sling actually makes it easier for beginners to get into more advanced poses, including inverted ones. The sling also allows yogis to focus on alignment, and uses gravity to deepen the stretch. It also allows users to adjust and experiment with their body while they're in the pose, as they don't get tired as quickly. *For more info visit www.aerialyoga.co.za.*



BENEFITS OF AERIAL YOGA:

- Using the sling forces the core muscles to work.
- Increases upper body strength and tone.
- Reduces spinal compression during backbends.
- Hold challenging yoga poses and inversions for longer.
- Use correct form with the support of the sling.
- Stretch further and deeper with the aid of the sling.
- Decompresses the joints and spine while aligning the vertebrae, without the strain imposed by gravity.

POLE DANCING



Believe it or not, pole dancing has become a popular form of exercise around the world. In fact, it is even an official sporting code, with a world championship event.

While it still struggles to shake the stigma attached to the practice, there are a number of women around the country who frequent a growing number of studios that offer pole fitness classes, as they're commonly referred to. Pole fitness is generally described as a form of gymnastics, combined with dance-style elements. This delivers a combination of cardio, strength training, acrobatics, dance techniques and gymnastics, all while participants have a bit of fun and learn a new skill. There are a number of studios around the country, some that choose to embrace pole dancing's roots with sultry names like Vertical Vixen, Basic Instincts Pole Dancing Studios and Vertical Secrets, to more subtle offerings, such as The Pole Studio.

SWEAT 1000

We featured SWEAT 1000 in a previous group training feature in 2011, but it's worth mentioning again due to its continued growth and rise in popularity.

To recap, SWEAT 1000 – Specialised Weight Endurance Aerobic Training, where the 1000 denotes the number of calories a class aims to burn in an hour – is a total body interval workout. It incorporates alternating high-intensity, varied and incrementally increasing blasts on the treadmill with complex compound, stability, core and other aerobic floor exercises. SWEAT 1000 integrates “components of interval training, functional training, core stability work, athletic training and agility training”. This is all combined into a one-hour dynamic, action-packed class that offers a varied routine every time. The workouts aim to target multiple energy systems and muscle groups. Treadmills are used as running is the most effective form of exercise to blast as many calories as possible in the shortest amount of time, and variations in speed and incline – sometimes up to 30% – are used to achieve that goal. There is also a great deal of production value and theatre in every class, which keeps the energy levels high. And new elements are constantly being added, in addition to themed classes, like “lumo” parties. This concept has proved highly popular, which is most evident in the expansion rate of the franchise. There are now multiple studios across Johannesburg, Pretoria and Cape Town, with international expansion plans under way, and more studios set to open soon across the country. Find a studio near you or learn more at www.sweat1000.com.

TREADMILL STUDIOS

One of the latest fitness trends to come out of New York, also worth mentioning in this feature, is the rise of treadmill or indoor running studios. Billed as “the new spinning class”, these studios have started to pop up all over New York since the last quarter of 2014. Runners can participate in a structured group class, with lighting and music used to up the enjoyment factor. While it remains to be seen if the trend will take off in South Africa, where temperatures seldom drop low enough to keep runners off the roads, the success of the SWEAT 1000 concept does point to an appetite for a group class of this nature. We certainly don't lack the market in South Africa, with running arguably the biggest mass endurance participation sport in the country.

These treadmill or indoor running studios are rising in popularity in New York.



THE ORIGINAL GETFIT CHALLENGE

The Original GetFit Challenge is a 12-week programme geared to get participants into their best shape possible.

Participants are trained in group sessions and are also assessed on their eating habits to help them make healthy and positive lifestyle changes. Sessions include a combination of cardio and weight training exercises aimed at increasing fitness levels and improving muscle strength or tone. The sessions are run by trainers who monitor correct form and encourage participants, to ensure optimum results are achieved. An eating plan is given to everyone who signs up, which encourages participants to adopt a simple, healthier way of eating to help them reach their goal weight. Qualified professionals offer nutritional advice to participants throughout the challenge. All participants can easily track their progress online, and can also win cash and prizes in categories that include Biggest Transformation in under 40, over 40 and over 50 age groups, Best Physique and Fittest Male and Female.

For more info visit www.getfitchallenge.co.za.

A READER'S REVIEW:

By Angelique Heyns-Anjinho

My husband and I had decided to transform our lifestyle and eating habits in 2014, and we were encouraged to join friends in the 12-week Original GetFit Challenge. We decided to sign up for the September to December challenge with our friends.

I won't lie, in the beginning I was intimidated by the whole thing: a new eating plan that required us to eat more protein and vegetables, and less sugar and fewer carbs. We participated in three one-hour classes each week. Each class had approximately 25 people in it, and was facilitated by two trainers. I found the first couple of weeks of the challenge to be tough as I hadn't done any body conditioning work since I stopped ballet at the age of 18. The classes were a mix of cardio and weight training, and the trainers were constantly watching our form to avoid injuries. They also encouraged us to work harder. During the first two weeks my muscles were sore, but surprisingly, both to myself and to my husband, who thought I was going to hate it, I started loving it. After a couple of weeks the muscle tone that I had lost over the years started to come back, and I soon realised that I could, in fact, do this. I also enjoyed the camaraderie that developed in the class during those early morning, sweaty sessions, as we all collectively suffered under those heavy weights. We love to hate it, and hate to love it. I'm now addicted, and recently started my second 12-week challenge!

BOOT CAMP WITH SISSA



The Sports Science Institute of South Africa's (SISSA) has taken note of the popularity of boot camp training, and has launched a four-week boot camp programme.

Boot Camp with SISSA is geared towards individuals who are currently active, and are looking for new ways to challenge themselves physically, while enjoying exercise in beautiful natural settings. Participants undergo comprehensive health

and fitness assessments, informing them of their health and fitness at the start. Three weekly one-hour SISSA Boot Camps sessions are also taken by biokineticists. The Boot Camp with SISSA programme is run periodically, with sessions offered at various timeslots. Base venues in Cape Town include Newlands, Pinelands, Hout Bay and the Northern suburbs, and Gauteng classes are available in Pretoria and Johannesburg.

For more info visit www.sissa.com.

THE 10 BENEFITS OF GROUP TRAINING

1. Camaraderie – Humans are social beings by nature, well, at least most of us, which means doing things in groups, including exercise, helps us to develop greater bonds and make new friends. Sharing the workout experience, including the suffering, and the success, also enhances the experience for participants.

2. Motivation – Having someone exercising beside you can often push you a little harder than you might on your own. The support you get from the group also helps those who are lagging in certain areas, giving them the motivation to squeeze out those last few reps, or sprint the last few metres.

3. Support – Both the trainer and the other participants will help you get through the challenges of the workout, whether it's with a few words of encouragement, or some advice on how to execute the exercises properly or improve your form.

4. Fun – Exercise, in any form, is always more enjoyable when done with friends.

5. Adherence – Research shows that members who enrol in structured, guided exercise programmes are

more likely to stick with it.

6. Structured – An exercise class that has been properly structured, with a specific purpose, will be more beneficial for individuals, especially those with limited knowledge about safe and effective exercise programming, than a haphazard workout at the local gym.

7. Accountability – Accountability is a great motivator. If you don't show up to a group training session you'll be letting your friends and your instructor down.

8. Suitable for all – Group exercise classes generally offer workout options and intensities that are suitable for all levels, ranging from beginner to advanced.

9. Cost effective – Group training is generally more affordable than one-on-one personal training, yet you still enjoy the benefits of direct access to a qualified health and fitness professional.

10. Safe – The health and fitness professionals who structure and guide the group classes will ensure everyone is performing the exercises safely, with correct form, to limit the likelihood of injury.



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PHOTOGRAPHS BY Pieter Pieters

BYE BYE, BABY WEIGHT

How Marisca Cory ate her way back to her pre-pregnancy weight

She dropped 22kg!

AFTER

The guidelines for healthy weight gain during pregnancy, issued by the Institute of Medicine in 2009, stipulate that if a woman's weight was within the healthy range when she conceived, she should gain between 11 and 16kg during the course of her pregnancy. If she is underweight then up to 18kg is acceptable, and if she is overweight, no more than 11kg should be gained.

In Marisca Cory's case, she was a petite 43kg when she found out that she was expecting a son with her fiancé, Barend. "By the time I gave birth to our healthy little boy my weight had ballooned to 65kg", she explains. Given her lower-than-normal body mass index of 17.6 (Marisca is 1.56m tall), she had gained 4kg more than required – almost 10% of her pre-pregnancy weight.

While childbirth and the days following this amazing experience are generally filled with joy and happiness, Marisca admits to also feeling unhappy and downhearted. "I thought it would be impossible to be a fit and healthy mom, especially as most people I spoke to said that you never get your body back after having a baby. This scared me, and I truly believed it. However, I now know that this way of thinking is misguided."

Armed with a desire to prove these people, as well as herself, wrong, Marisca took on the challenge of regaining her body. "I decided to be more disciplined in my approach, and dedicate

myself to the process. However, I wasn't only motivated to do this for myself. I also wanted to show other women that it is possible to be a fit and healthy new mom, and, more importantly, I also wanted to do it for Barend, and to be an inspiration and good example for my son."

While researching to find the best approach Marisca quickly realised that exercise alone would never be enough to deliver the weight loss she desired. "It's the food we eat that has the biggest impact on our bodies, and the quality of our lives."

While Barend had introduced Marisca to the world of health and fitness before her pregnancy, she only started to eat 'clean', healthy food, with a greater number of smaller meals each day, after her pregnancy. "He continued to help me along the way by continually motivating me to eat correctly and remain focused on my goals. This was a very important element in my overall success."

Under his guidance, Marisca was soon training with weights three times a week, and also included some high-intensity interval cardiovascular training in her routine. "I like to lift heavy weights, so Barend developed a four-day training split where I targeted my lower body on Mondays, and my upper body on Tuesdays

MARISCA WAS TRAINING WITH WEIGHTS THREE TIMES A WEEK, AND ALSO INCLUDED SOME HIGH-INTENSITY INTERVAL CARDIOVASCULAR TRAINING IN HER ROUTINE.



"I don't feel so tired and drained any more, and I have more energy to keep up with my son and take part in activities with him."

BEFORE



Quick facts:

Favourite healthy dish:

Laura D's low-carb savoury tarts

Favourite exercise:

Squats, and any ab exercise

Must-use supplement:

USN Body Sculpting Gel

Top diet tip:

Exercise without proper nutrition is a wasted exercise.

Marisca's daily meal plan:

Meal 1: Oats with cinnamon, and two egg whites

Meal 2: Chicken or tuna salad

Meal 3: Sweet potato, green vegetables and ostrich

Meal 4: Green vegetables with chicken, fish or ostrich

Meal 5: Almonds and half an avocado

"It's the food we eat that has the biggest impact on our bodies, and the quality of our lives."

and Thursdays. I keep my rest periods short, under a half minute, and drink lots of water during the session."

In terms of her diet, Marisca started eating 5-6 smaller meals, and also drank 4-5 litres of water, per day. "I kept my meals really simple and clean, which made preparing and eating the right food relatively easy."

The real challenge, she explains, was the battle that raged within her to remain disciplined and dedicated, both physically and mentally, to the task at hand. "Sometimes I faltered, but I simply stood up and tried harder. It was a long, slow process, and progress required hard work, but I simply chose to never give up."

The other major challenge she faced was time management. "It's not always easy to find balance between managing a household, raising a child, work and gym. Things get very hectic and busy, especially for first-time parents, which makes it hard to cope sometimes. The fact that I love spending time with my family and don't jeopardise it for anything made this element that much harder for me."

However, Marisca says that she soon learnt to prioritise her time, and schedule in what was most important to her, including her family, food prep and training. "It's essential that you make time for yourself, including

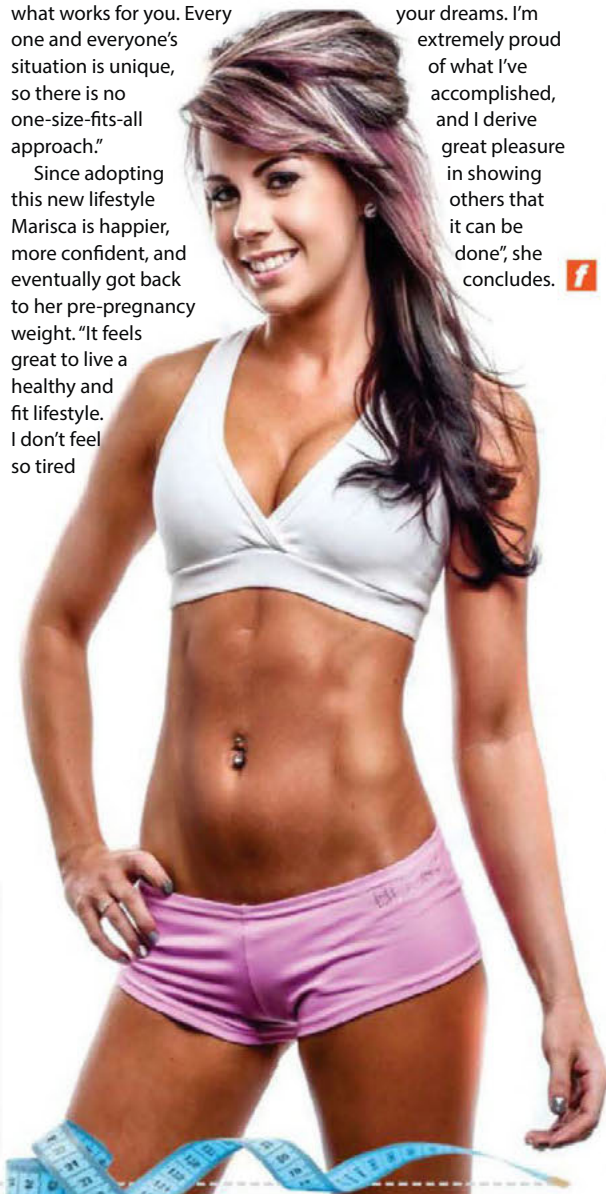
some time to just relax. I still don't get that much time for myself, even to go to the gym, but when that happens I improvise and exercise at home with weights. This also means I can still spend time with my son."

And that, according to Marisca, is a key element to success. "It's about doing the best you can and finding what works for you. Every one and everyone's situation is unique, so there is no one-size-fits-all approach."

Since adopting this new lifestyle Marisca is happier, more confident, and eventually got back to her pre-pregnancy weight. "It feels great to live a healthy and fit lifestyle. I don't feel so tired

and drained any more, and I have more energy to keep up with my son and take part in activities with him. In the end I proved that my fears were misplaced – it can be done, and I believe anyone can do it with the right approach and mindset. I now know, for a fact, that if you really want something and you work hard for it, you will accomplish

your dreams. I'm extremely proud of what I've accomplished, and I derive great pleasure in showing others that it can be done", she concludes.



STATS

Weight before: 65kg

Weight after: 43kg

Age: 24

Marital status: Engaged, and we have one sweet little boy

Occupation: Senior Document Administrator

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STRENGTH TRAINING FOR WOMEN

WRITTEN BY Sean Johnson and Elizabeth Marsland

THE TRUTH ABOUT S&C FOR WOMEN

FACTS AND FALLACIES ABOUT FUNCTIONAL, AND STRENGTH AND CONDITIONING TRAINING FOR WOMEN



The phrase “men are from Mars and women are from Venus” is thrown around quite casually today to emphasise the differences between the sexes. Psychologists, anthropologists and sociologists can give us hundreds of reasons for the differences between men and women, be they emotional, cognitive or anatomical. However, one important area where these differences are often ignored is the gym, despite the fact that, from the perspective of human anatomy and, subsequently, the way we move, we are fundamentally different. This doesn't mean that there are physical limits in what women can achieve in relation to men, relatively speaking, but it does require a slight change in our approach to training methods and techniques, to maximise movement efficiency.

Elizabeth Marsland, a regional CrossFit competitor, and specialist strength and conditioning trainer for women, explores some of the facts and fallacies regarding the differences between men and women, as they relate to training.

FACT: Women's skeletons differ to men's

The most important difference between male and female skeletons is the pelvis (read more about this in our “Happy hips” feature on page 88). The female pelvis is adapted for gestation, which means it's not as high, and is proportionately wider than that of the male pelvis. The femurs are therefore also wider apart. These traits, together with greater laxity in women's connective tissue, results in a greater propensity for knee ligament strains, extra tibia loading, collapsing at the ankle, and flat feet. Women must be aware of these factors when they train under load, and should increase that load carefully, in a progressive manner, to avoid knee and ankle injuries.

FACT: Weight training reduces the risk of osteoporosis

Did you know that weight training – not just walking or doing aerobics, but lifting weights – reduces the risk of osteoporosis, and can help protect your bones by preventing osteoporosis-related fractures? Studies show that strength training over a period of time can help prevent

bone loss, and that it may even help build new bone tissue.

FACT: Weight training increases metabolism

When the body works with increased load or intensity, such as during high-intensity interval weight training, muscles and various bodily systems need more time to recover from the higher work output. Therefore, metabolism is increased for extended periods of time after an intense workout.

FALLACY: Weights turn women into the Incredible Hulk

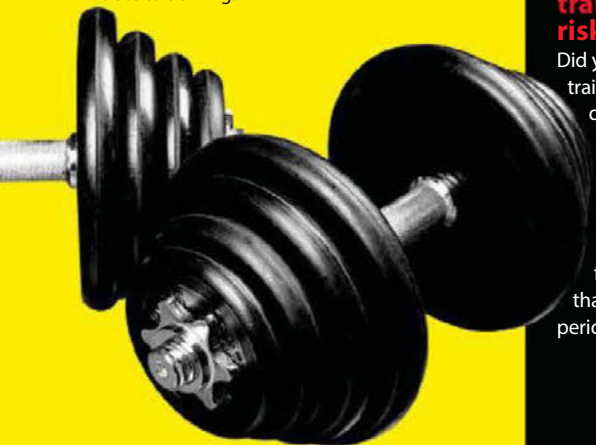
Testosterone is the main hormone that influences muscle growth in men, and, although women also produce this hormone, we have much less of it. In addition, we're not anatomically capable of building muscle at the same rate, or to the same extent as men, due to our genetic


variations. That's great news because it means we can lift heavy, and not worry about adding unsightly amounts of muscle mass. And rest assured, it has taken serious, lengthy measures and copious amounts of hard work for the women you see at fitness shows, and those shapely professional athletes, to get there.

FACT: Functional training and strength training reduce stress levels in women

Cortisol is the main hormone released in humans when we're stressed. Healthy amounts are useful for repair and maintenance within our bodies, but continuously high levels are damaging in a number of ways. Chronically elevated levels lower our immune system, and lead to bad decision making, and lethargy. Exercise of this kind, and level will sort that out in a jiffy.

**A SLIGHT CHANGE IN YOUR
APPROACH TO TRAINING METHODS
AND TECHNIQUES WILL MAXIMISE
MOVEMENT EFFICIENCY.**



A close-up, side-profile photograph of a woman with dark hair tied back, wearing a black sports top. She is performing a bicep curl with a red dumbbell, her right arm bent at the elbow. The background is dark, and the lighting highlights the musculature of her back and arm.

FALLACY: It takes women years to develop strength

This is a common misconception, particularly within the CrossFit community, as many women battle to successfully complete their first proper pull-up, ring dip, or pistol squat. The truth is, gymnastics adds a beautiful new element to adult sport, one that we haven't been exposed to for years. These new skills require numerous adaptations, not just increases in pure muscle strength.

The good news is that spending just 10 minutes a day on a new skill, in a relaxed manner, will help the brain and nervous system adapt to this new movement pattern, and the physical demands required of it, by creating new neural pathways. This results in greater muscle fibre recruitment, which increases strength, in addition

to the mastery of a wonderful new movement. The specific strength needed for that skill will continue to improve each day, and for each minute spent on it. A good trainer or coach can also help develop the specific skills and strength requirements that are necessary to get that elusive Kipling handstand push-up right, for example. Extra time spent outside class or the gym is definitely necessary to make these gains though.

FALLACY: Strength training and CrossFit = injury!

Combining the correct core work with a progressive strength training programme reduces the risk of injury during functional forms of training, including CrossFit. Stress, ego, trying to achieve a goal too quickly, trainers with too little knowledge or experience, and racing the person next to you so that you're unconsciously moving your body, is what leads to injury. So, be smart and remain safe by staying informed, and put in the extra core and stability work needed for efficient movement in everything you do, from walking and running, to strength and conditioning work. You'll also feel stronger and more powerful than ever before.

FACT: Training increases confidence and self-esteem

Achieving your strength and physique goals using this type of training will deliver greater self-confidence, inner strength, self-reliance, independence, and will empower both mind and body. You'll also make new friends, feel more energised, and will be stronger, both inside and out.

Men are from Mars, women are from Venus. From our human anatomy to the way we move, we are fundamentally different.

About Liz

Liz Marsland (B.Sc. Sports and Exercise Science) is a regional CrossFit competitor, and a fitness professional who specialises in strength and conditioning for athletes, rehabilitation and core strength. She studied sports science at Birmingham University (UK), and is also a CrossFit Level I Trainer, and a sports massage therapist. She currently works as a personal trainer at Virgin Active Bryanston, and Wellness in Motion, Sandton. She welcomes enquiries on all sport and strength matters. Email emarsland@rocketmail.com for more info.

Perfect SUMMER SALADS

WATERMELON SALAD

Ingredients

4 cups watermelon, cut into chunks
1 cup fresh blueberries
6 fresh strawberries, quartered
3 cups fresh mixed greens (can be your own choice of greens)
2 tsp lemon zest
½ tsp sea salt
½ tsp freshly ground pepper
2 tbsp sesame seeds
1 tsp Dijon mustard
2 tbsp apple cider vinegar
2 tbsp flax oil

Method

1. In a large bowl, toss together the watermelon, blueberries, strawberries, mixed greens and lemon zest. Set aside in the fridge to chill for 10 minutes.
2. Whisk together the remaining ingredients in a small bowl. Allow to chill in the fridge for 5 minutes.
3. Take the salad and dressing from fridge. Drizzle the dressing over the salad and gently toss together and serve.



Watermelon

Watermelon is the ideal healthy food because it contains no fat, cholesterol and is high in fibre and rich in potassium.

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GRAPEFRUIT & STRAWBERRY SALAD

Ingredients:

- 2 tbsp lemon juice
- 1 small apple cut into cubes
- 200g strawberries, quartered
- 220g grapefruit segments and the juice
- 100g orange segments, and the juice
- Pomegranates for garnish
- Xylitol to taste

Method

1. Place apple and strawberries into a bowl, then cover with lemon juice.
2. Add grapefruit and oranges with their juice to the mix.
3. Add pomegranates to finish this salad off, and Xylitol to taste.
4. Refrigerate for 30-40 minutes before serving



Add some protein with almonds!
100g of chopped almonds adds 21g of protein to this fruit salad.

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RAW FOOD AND LIVING FOOD ARE TWO TERMS THAT ARE OFTEN USED INTERCHANGEABLY. BOTH REFER TO UNCOOKED FOOD THAT CONTAINS LIVING ENZYMES. HOWEVER, THE ENZYME CONTENT OF LIVING FOOD IS MUCH HIGHER.

ADDING **LIFE** TO FOOD IN YOUR LIFE

WRITTEN BY CAROL ANTHONY, owner of Cafe Raw

ESSENTIALLY, LIVING FOODS ARE RAW FOODS IN THEIR MOST NUTRITIOUS STATE. WHILE RAW FOODS ARE VITAL IN CONTRIBUTING ESSENTIAL VITAMINS, MINERALS AND ENZYMES TO YOUR DIET, THE FACT OF THE MATTER IS THAT THE OLDER THEY ARE, THE FEWER NUTRIENTS THEY CONTAIN. WHEN LIVING FOOD IS PICKED, IT IS SEPARATED FROM ITS LIFE-ENERGY SOURCE, AND IT STARTS TO DEGRADE. Within 24-48 hours it becomes 'adult' raw food. As the days go by, the powerful healing energy of raw, living food starts to radiate out. The colour and taste of the food starts to change, and the nutrient content diminishes even further.

Cooked and processed food, on the other hand, contains no vital healing energies. Nutrients are destroyed when food is cooked at temperatures above 37°C. Even steaming reduces fresh food's vitality, while lengthy boiling, frying and grilling can kill off all nutrients.

Nutritionally speaking then, living raw foods are the richest source of enzymes, chlorophyll,

oxygen, vitamins, essential fatty acids and fibre, along with an optimal ratio of alkaline to acid minerals. This adds a whole new dimension to the nutritional value of a meal. It's medicine without the side effects, which means living food has the ability to heal the body and mind.

A living food diet generally consists of raw foods that have been soaked and sprouted. This, in turn, increases their enzyme activity, which releases stored carbs, fats and proteins, making them more bioavailable. As an example, nuts and seeds that have not been heated or roasted are regarded as raw. Once they are sprouted they become living food. Living food can also consist of food that is still growing.

A living food diet therefore typically consists of newly harvested greens, all sprouts, fresh fruit and vegetables that grow in your garden, or grow wildly and can be picked and plated immediately, as well as soaked nuts and seeds, fermented vegetables (also known as krauts), fermented nut and seed cheeses, cultured foods containing acidophilus and other friendly bacteria known

ABOUT CAFE RAW

Cafe Raw serves healthy gourmet raw meals, buffet style, in a tranquil garden setting. Snacks and takeaways are available. The cafe is located in the northern suburbs of Johannesburg, in Hurlingham. For more info visit www.facebook.com/caferawgourmet.

as probiotics, and some sea vegetables. Baby greens, sunflower sprouts and pea shoots are also regarded as living foods. Although not strictly raw, Miso and unpasteurised tamari are also alive with friendly bacteria.

Living drinks include wheatgrass, green juice and green soups.

ADDING LIFE TO YOUR DIET

These highly nutritious living foods have many uses. Soaked nuts and pumpkin and sunflower seeds, for example, are great to use in milks, pâtes, salad dressings, dehydrated snacks and pie bases.

Sprouted grains can be included in milks, crackers, breads and cereals, while sprouted beans form the base of many salads, casseroles, stews and breads. Green sprouts, with their inherent life force, can be used as salad toppers or in juices.

QUICK GUIDE TO SOAKING AND SPROUTING

The easiest way to grow your own fresh, live produce is through soaking and sprouting. It is inexpensive, takes very little time, and is easy to do. Home-grown food is as fresh as it gets in modern life, and it is also pesticide-free and has no added chemicals. Sprouts are also easy to digest, and are a rich source of protein, oxygen, enzymes, vitamins and minerals.

Seeds, beans and grains should be softened through soaking and are best sprouted for 1-5 days.



SPROUTING IN 4 EASY STEPS

Step 1: Place seeds, nuts or grains in a colander and rinse well. Transfer to a glass jar, cover with water and soak overnight. This phase awakens the enzymes in the seeds, triggering their life force to begin the sprouting cycle.

Step 2: Secure a mesh or muslin cover over the mouth of the bottle. Drain away the soak water and hulls. This process discards the enzyme inhibitors. Rinse with clean water and drain.

Step 3: Let the seeds rest in the jar on the kitchen counter at a 45° angle to allow water to drain off. Keep out of direct sunlight. Rinse and drain twice a day until sprout tails appear.

Step 4: Expose sprouts to sunlight for about six hours to activate an abundance of chlorophyll. Your nutritious sprouts are now ready to be eaten.



GUIDELINES FOR SPROUTING INCLUDE:

• **Dry storage** – raw nuts, seeds, grains and beans should be stored in sealed containers in a cool, dry location; a refrigerator is best. This lengthens their storage life.

• **Soaking** – all nuts, seeds, grains and beans are brought to life when they are placed in water. Soaking dissolves their enzyme inhibitors. Clean, room temperature spring water is best for soaking. Smaller seeds like alfalfa and clover, and small grains like quinoa and millet, should be soaked for about five hours. Hulled seeds like pumpkin and sunflower will soften in 6-8 hours. Larger grains like wheat and rye, beans like mung, garbanzos, and lentils, as well as nuts like almonds and walnuts will usually require 12 hours to soften. The nuts, beans and seeds can be soaked in the glass jar that will be used for sprouting. A

piece of fine wire mesh or muslin cloth can be secured over the mouth of the bottle with a rubber band. This makes rinsing easier. Soaking water should be rinsed off and replaced after 6-8 hours. Nuts can be dehydrated after soaking. • **Germination** – after soaking, seeds, grains and beans are drained and rinsed well. To germinate they need to be kept moist, but not wet, and must be able to 'breathe', hence the mesh or muslin covers. They also need to be kept out of direct sunlight, and remain at room temperature. During this stage it is important to rinse your germinating sprouts twice a day. This keeps them clean and refreshed. Everything other than small seeds (alfalfa, clover, radish cabbage, etc.) are ready to harvest when their tail or sprout is as long as the seed out of which it grew.

This takes 1-4 days. The sprouts can then be washed one last time and stored in the refrigerator in a sealed container.

• **Greening** – this final stage for small seeds is when you notice the appearance of two small leaves. The seeds need to be placed in indirect sunlight to start the greening process, which is when chlorophyll is produced. Chlorophyll is exceptionally healing to us and essential in our diet. At this stage continue to rinse and drain every 12 hours. After a day or two the leaves will turn green, which means the sprouts are ready to be harvested. Gently rinse to remove hulls, drain well and store in a sealed container in the refrigerator. Most sprouts will last at least a week in the refrigerator, especially if they are rinsed and drained every three days.

10 REASONS TO START SPROUTING

1. **It's economical.** Sprouting is an inexpensive way to produce organic greens.

2. **Highly nutritious.** Sprouts are baby plants at their prime, which is when they're most nutritious because they contain the largest concentration of proteins, vitamins, minerals, and enzymes than at any other stage in the plant's life.

3. **Organic.** They are free of pesticides and chemicals.

4. **Availability.** They are ready to eat whenever you need them, all year round.

5. **Saves space and time.** Grown only with water, sprouts require very little care and take up very little space.

6. **Freshness guaranteed.** No nutrients are lost as they are grown and eaten right away.

7. **Digestibility.** These delicate baby plants are rich in enzymes, which makes them easy to digest.

8. **Versatile food.** There is a great variety of foods that you can choose to sprout. They can also be used to boost the nutrient density of other meals.

9. **Practical food.** Sprouts can be made into pâtes, breads, crackers, dips, stews and salads.


10. **Ecologically friendly.** Sprouts are environmentally friendly.



A NOTE ON PROTEIN

The average woman needs at least 50 grams of protein each day. A cup of legume or wheat sprouts provides about 15-20% of your daily protein intake.

Sprouting also makes plant protein more digestible – when peas are soaked for two days, protein digestibility increases by 25%. This also increases bioavailability, which means more of the important amino acids can be absorbed and utilised by your body.

Sprouting buckwheat greatly improves the digestibility of its protein. Sprouted seeds, or sprouts such as alfalfa, contain high levels of protein, as well as vitamins A, B, C, E and K. They are also good sources of iron, calcium, magnesium and phosphorus. The sprouting process can also improve the quality of protein. Although seeds and grains are low in lysine (e.g. millet, oats and wheat), sprouting increases their lysine content significantly. When seeds, grains and legumes are sprouted, the reserve protein that is held in storage for growth is broken down into amino acids, and some conversion to lysine occurs. 

SELFIES...
insecurities
or marking
progression?

BY LAETITIA RYKER, life coach
and owner of Laetus Life
(www.laetuslife.com)



#SELFIE PHENOMENOM

ARE SELFIES HELPFUL, HURTFUL,
PLAYFUL OR THE ULTIMATE FORM
OF NARCISSISM?

“Daddy, do I look pretty in this?”
This is a question that all girls have

been carrying in their hearts for decades. We all want affirmation from our fathers, and from others, particularly those of the opposite sex. This isn't a psychological revelation, or anything new for that matter. Wanting to be loved, accepted and adored is something that is vitally important to all human beings.

Although there is nothing wrong with wanting affirmation from others, we need to realise that social media has put a whole new spin on things.



Will you be fine with yourself without the constant 'likes', shares and comments that have become the barometer of popularity in the age of social media?

While it might be a subconscious action, we no longer search for affirmation from just our loved ones or the people who play important roles in our lives, we're now using #selfies to get affirmation from everyone on social media, and this can be very dangerous.

In making that statement I am generalising, as not everyone who posts #selfies is insecure, or is searching for affirmation from their online social networks. However, this generalisation is apt because this practice has become so pervasive in modern popular culture; everyone is doing it, and there are few communities where the #selfie is more prominent than the health and fitness industry. It has become socially acceptable, and socially appealing, regardless of your motivation to do so.

SEEKING AFFIRMATION

Seeking affirmation from others is completely normal. On some level we all want to know that we are good enough; good enough at our job, talented enough in our sport, beautiful enough for our partner, or intelligent enough for a degree. There is nothing wrong with this and it is, in fact, an integral part of developing a healthy self-image.

Problems arise when the affirmations we receive from others are no longer enough, and when you start to depend on these affirmations to determine your worth. To quote my business coach Jill Coleman: "The problem with seeking external affirmation is that it's usually impossible to get enough. No amount of compliments or praise will ever make us feel worthy if we don't feel like we deserve it. True affirmation is an inside job."

If you start to depend on others for affirmation it can become a dangerous, addictive game that often results in a downward spiral. All too often we see girls posting photos with almost no decency; these photos leave very little to the imagination. If a risqué photo didn't get enough 'likes' or shares some girls will 'up their game' and post a more revealing photo.

When you start engaging in this type of behaviour you need to know that no amount of shares, 'likes' or comments will help you accept yourself. Self-acceptance is something that should happen inside you.

JUSTIFYING #SELFIES

If you like taking #selfies, please, continue to do so. However, before you hit send on your next photo first consider why you love it so much, and then ponder whether you'd be fine without it. Will you feel good enough about yourself without any outside feedback?

If you want a #selfie to just be a #selfie, and not have it serve any purpose on a subconscious level, you need to be really honest with yourself. You need to first determine whether you accept yourself, or not. Will you be fine with yourself without the constant 'likes', shares and comments that have become the barometer of popularity in the age of social media?

To return to a place of wholesome self-worth we need to realise that self-acceptance is not determined by the feedback (good or bad) that we receive from the masses. If you struggle with this then here are five ways to (re)accepting yourself:

1. DON'T COMPARE

One of the main reasons why people don't accept themselves is because they are so busy comparing themselves with others. This is a sure-fire way to completely look past your own beauty. You'll never accept yourself if you keep comparing yourself with others, because there will always be someone thinner, smarter, happier, more beautiful, or more successful than you. That's just life, and it's a reality for all of us.

The first step toward self-acceptance is to stop looking at other people, and start looking at yourself. Look at your strengths, look at your accomplishments, and look at how far you've come, then start celebrating all of these things.

2. SHIFT YOUR FOCUS

Another reason we struggle to accept ourselves is because we're so focused on our weaknesses. While it's good to know what they are, I don't believe there is much benefit in focusing on them all the time. If you want to reach a point of complete self-acceptance you need to know your strengths, and you need to focus on them too, to take full advantage of them. The only time we have to focus on a weakness is when we intend to improve it. In those instances I advise that you only focus on one weakness at a time. Try to shift your focus from your weaknesses to your strengths by concentrating on the things that you are good at, and try to become even better at them.

3. GRATITUDE

A big part of self-acceptance is accepting where you are in life right now.

This includes being grateful for where you are and what you have. You need to be grateful for the opportunities, the capabilities and the talents that you have that others don't. You need to realise that, while you're busy wishing for better circumstances, there is someone else who would die to be in your shoes.

4. KNOW YOURSELF

There are many people who don't accept themselves, purely because they don't really know themselves. I have sat with numerous life coaching clients and asked them this simple question: "Who are you?" Usually they answer with one of the following: "I'm a mom" or "I'm a secretary" or "I'm a wife".

These are roles that we fulfil, but they shouldn't define us. They shouldn't determine who we are. If you want to really accept yourself you need to know who you are, and your definition of yourself should have nothing to do with your roles or your outward appearance. It's only when we truly know who we are, and what we have to offer, that we can move a step closer to self-acceptance.

5. SURROUND YOURSELF WITH THE RIGHT PEOPLE

Who we spend most of our time with has a big influence on how we view ourselves. It's been said that you become more like the five people you spend the most time with. Accordingly, if you surround yourself with people who constantly criticise themselves, and others, the chances are that you'll also become more critical.


Always surround yourself with people who have qualities that you admire, or who are more successful than you are, because we can learn a great deal from them. They can also motivate us to become better. If you surround yourself with people who are constantly dissatisfied with themselves, how are you going to move closer to self-acceptance? Choose your friends wisely.

WHAT IS BEHIND #SELFIES?

In closing, #selfies themselves aren't the problem. They are a part of popular culture and are unlikely to disappear any time soon. However, it is the rationale and motivation behind them that matters most. If you're posting #selfies because of an underlying

insecurity, or a need for affirmation, you need to stop and do some introspection to determine the source of your insecurity, and work on fixing the root cause.

From my own experience, I can honestly say that if something is broken on a psychological level, it

can't be fixed on a physical level. It doesn't matter how many compliments you receive, if you don't believe in your own worth and beauty, no amount of compliments, 'likes', shares or comments will make you believe otherwise. 



GOING GLUTEN- FREE

**DELVING INTO THE
GLUTEN-FREE HEALTH
HALO EFFECT**

WRITTEN BY Melanie Heyns
and Pedro van Gaalen

GLUTEN-FREE IS A TERM THAT HAS BECOME SYNONYMOUS WITH HEALTHY EATING, ALBEIT MISGUIDEDLY.

A growing number of dieters and health-conscious individuals are turning to gluten-free foods and diets in an effort to lose weight, improve their health, or better manage or eliminate a growing number of food-related conditions and diseases.

The problem with this is that, through clever marketing and the mainstream promotion of various fad diets, many people have the wrong impression about what gluten-free actually means. Despite this fact, the gluten-free fad continues to grow, and at a rapid rate. Just take a walk down the aisle of your nearest grocery store and you'll come across entire sections dedicated to gluten-free foods. However, you need to ask whether these processed foods are really 'healthy' for us, or are they merely a healthier alternative than the options that still contain gluten? We investigate. >>





Swap out pasta and replace it with quinoa, a non-gluten grain packed with nutrients.



MAKE THE SWITCH



GLUTEN DEFINED

Gluten is a protein found in grains such as wheat, barley and rye. It is a combination of gliadin and glutenin, which is joined with starch in various grains. Gliadin is what allows bread to rise, while glutenin is the major protein in wheat flour, making up 47% of the total protein content.

While this substance has been blamed for gluten-related digestive and health disorders, it is still unclear whether it is gluten in isolation that causes these maladies, or if it is more likely a factor of the other substances contained in wheat that contribute to symptoms. For these reasons many experts have chosen to call the rise in popularity of the gluten-free movement a fad.

GLUTEN-RELATED DISORDERS

The more common gluten-related disorders include **gluten intolerance** and **gluten sensitivity**, terms which are often used interchangeably. **Gluten sensitivity** is thought to be a mild immunological response to gluten ingestion, with common symptoms that include abdominal cramping, bloating, diarrhoea and flatulence.

However, there is a lack of solid scientific evidence available at this stage to support the idea that gluten alone causes these symptoms, as already mentioned. Rather, there is growing support for the theory that it's a more general wheat allergy that causes the symptoms that often lead to a diagnosis of gluten intolerance or sensitivity. It is now also more common to refer to these gluten-related disorders as non-celiac gluten sensitivity (NCGS), which seems to mitigate any confusion between the use of the two terms.

CELIAC DISEASE

Celiac disease is a more severe gluten-related disorder. Symptoms include those associated with NCGS, in addition to muscular disturbances, headaches, migraines, severe acne, fatigue, and bone or joint pain.

This autoimmune disease occurs in genetically predisposed people, where the ingestion of gluten leads to damage in the small intestine. Roughly 1 in 100 people worldwide suffer from celiac disease, which means when they eat gluten their body initiates an immune response which 'attacks' the small intestine. This damages the villi, the small finger-like projections that line the small intestine, and play an important role in nutrient absorption. Accordingly, when the villi are damaged, nutrients cannot be absorbed properly into the body.

SWITCHING OVER

If you're just starting a gluten-free diet, it's a good idea to consult a dietitian, as they'll be able to answer your questions and offer advice on how to avoid gluten, while still eating a healthy, balanced diet.

Changing over to a gluten-free diet can also be difficult at first due to the number of modern foods that contain the substance. It is therefore not uncommon for adherents to feel deprived and limited when they make the change to a gluten-free diet initially.


HEALTHY GLUTEN-FREE FOODS INCLUDE:

- **Healthy fats:** Extra virgin olive oil, sesame oil, coconut oil, organic or pasture-fed butter, almond milk, avocados, coconuts, olives, nuts and nut butters, cheese (except for blue cheese), and seeds (flaxseed, sunflower seeds, pumpkin seeds, sesame seeds).
- **Proteins:** Whole eggs; wild fish (salmon, black cod, herring, trout, sardines); shellfish and molluscs (shrimp, crab, lobster, mussels, clams, oysters); grass-fed meat, fowl, poultry, and pork (beef, lamb, liver, bison, chicken, turkey, duck, ostrich, veal) and wild game.
- **Vegetables:** Leafy greens; lettuce, collards, spinach, broccoli, kale, chard, cabbage, and onions, mushrooms, cauliflower, Brussels sprouts, sauerkraut, artichoke, green beans, celery, bok choy, radishes, watercress, turnip, asparagus, garlic, leek, fennel, shallots, scallions, parsley and water chestnuts.
- **Low-sugar fruit:** Avocado, bell peppers, cucumber, tomato, zucchini, squash, pumpkin, eggplant, lemons, limes.
- **Non-gluten grains:** Buckwheat, rice (brown, white, wild) and quinoa.

However, this is what has spawned the massive gluten-free industry, with manufacturers of these products now offering a wide range of gluten-free alternatives that don't leave people feeling deprived.

GLUTEN-FREE AND WEIGHT LOSS

Many people also choose to follow a gluten-free diet in the hope that it will help them lose weight. However, the reality is that many gluten-free products are full of calories, mainly from carbohydrates and sugar. There's no credible evidence to suggest that removing gluten from your diet will result in weight loss, particularly if you simply replace foods you previously ate with their gluten-free counterparts, like gluten-free cookies, muffins, or brownies. While these foods may not contain wheat, and the associated allergens, they are still devoid of nutrients, which means they're packed full of hollow calories. This is the health halo effect at work, so don't be fooled.

However, if you choose to eliminate all foods that contain gluten (and don't replace them with the cleverly marketed 'free' alternatives) you'll be more likely to eat more whole, unprocessed foods such as fruits, vegetables, legumes and lean meats. These foods are generally much better for your health, and your waistline. 



BY PEDRO VAN GAALEN, Managing Editor

How brown fat helps us burn more calories and metabolise fat

BETTER BODY FAT



Despite what many may believe about body fat, not all of it is detrimental to our waistlines, or our health. The truth of the matter is that we all need a certain amount of body fat to function optimally, and much like dietary fat, not all fat cells are created equal.

Our belly (visceral) fat and the fat found under our skin (subcutaneous) are comprised of a complex web of fat cells, or adipocytes. White fat, or white adipose tissue (WAT) as it is also often referred to, is the predominant form of fat found in the body, and is the type most closely associated with weight gain and obesity due to its role as an 'energy storage facility'. Each white fat cell contains a single large fat droplet, and has receptors for important hormones that regulate our metabolism like insulin, cortisol, growth hormones, norepinephrine, and glucocorticoids. White fat cells also have important functions within our endocrine system as they produce

hormones such as leptin.

If up to 25% of a woman's body can consist of this type of fat she can still consider herself healthy. However, these are the same fat cells that increase body fat levels when there is an excess amount of calories consumed in the diet, especially when insulin sensitivity is reduced by a high carbohydrate and sugar-laden diet. And any degree of excess white fat, particularly visceral fat located in your belly, around your organs and waist, is closely linked to most of the lifestyle diseases that plague modern society, particularly metabolic syndrome, type 2 diabetes and cardiovascular disease.

BROWN IS BETTER

Brown fat, on the other hand, is metabolically active tissue, which means it has the ability to convert

ingested and stored energy into body heat. Its primary function is to generate body heat in animals that hibernate or newborns and infants who cannot shiver to generate body heat (shivering makes muscle more active, which burns calories to produce heat).

To effectively perform these functions brown fat cells have a much higher density of mitochondria than white fat cells, contain lots of iron, and also have dense capillary beds, which is what gives this fat its brownish appearance.

It was previously thought that when the mitochondrial density of brown fat decreased as we got older brown fat cells were converted to white fat, but research now indicates that this is not the case. In fact, it seems that brown fat is more closely linked to skeletal muscle than white fat.

A study published in the journal *Nature* (Seale et al, 2008) titled "PRDM16 controls a brown fat/skeletal muscle switch", showed that brown fat and skeletal muscle both originated from a population of progenitor cells, and that differentiation was controlled by the transcriptional regulator PRDM16 – a loss of PRDM16 enhances the expression of muscle genes.

As we progress through childhood the amount of brown fat we carry decreases significantly. However, positron emission tomography (PET) scans confirm that adults still carry some degree of brown fat, mainly in their upper chest, shoulders and neck, and that certain people tend to have more (they're generally thinner, healthier and are more efficient at

glucose metabolism than those who don't). It is therefore safe to say that brown adipose tissue contributes to energy balance in humans and is therefore a therapeutic target to combat obesity (Nedergaard et al., 2007).

With that concept in mind researchers have set out to try and determine how we can harness the metabolic power of brown fat cells to help us reduce stored fat and improve our health. Accordingly, a growing body of evidence is emerging that shows we have the ability to increase the amount of brown fat in our bodies. For instance, brown fat deposits tend to become more visible on PET scans when we're exposed to very cold temperatures as their metabolic activity increases to produce more heat.

Studies have also shown that catecholamine (hormones produced by the adrenal glands) stimulation can induce expression of many brown-specific markers in depots of white adipose tissue (Guerra et al., 1998). However, the 2008 research conducted by Seale suggests that these brown fat cells are created differently to those that originate from the progenitor cells that give rise to either muscle cells or brown fat cells.

And additional research has confirmed this, showing that white fat cells can be converted into brown fat. For example, researchers at the Institute of Pharmacology and Toxicology of the University Hospital Bonn were able to transform white fat cells into brown ones, in a process scientists are calling 'browning'; by



Normal healthy brown fat (left image) and normal healthy white fat. Brown adipose tissue or hibernating gland with small fat vacuoles (left) and white adipose tissue (right) with large fat vacuoles.

transferring the adenosine receptor A2A found in brown fat cells into the white cells of mice. Having done so adenosine, a compound required for numerous biochemical processes, was able to stimulate fat burning in the white cells.

A COLD CURE

These results, also published in the journal *Nature*, build on a growing body of research into “beige” or “brite” (brown in white) fat – white fat that behaves like brown fat.

The other way scientists are trying to accelerate this process is through temperature manipulation, as cold temperatures can increase brown fat activity, as well as production, while warmth has the potential to suppress it.

Research published in the journal *Diabetes*, led by Dr. Paul Lee, analyzed the impact of controlled temperature acclimatisation on brown fat and energy balance. The study, titled the “Impact of Chronic Cold Exposure in Humans”, followed five men between the ages of 19 and 23, for a period of four months. During the study participants slept in a temperature-controlled environment and researchers measured the metabolic activity of the men’s brown fat using cold-stimulated PET/CT scans, and tissue metabolic changes with muscle and fat biopsies. At 19°C, the coldest temperature used in the study, the men’s brown fat amount and activity increased 30-40%, while one month of mild warmth (27°C) decreased brown fat levels to below baseline. Commenting on the study’s findings, Dr. Lee noted that the increases in brown fat were “accompanied by improvement in insulin sensitivity and energy burning rate after food.”

Japanese researchers conducted a similar study on 12 young men with below average amounts of active brown fat, who sat in a 17°C (63°F) room for two hours a day for six weeks. At first, the men burned an average of 108 extra calories in the cold, compared to normal indoor temperatures. **However, after six weeks their bodies were burning an extra 289 calories in the cold, and PET-CT scans indicated that beige fat activity had increased.**

As a final example of the power that the cold has on brown fat, researchers from the University of Kentucky School of Medicine took thigh fat tissue samples from 16

people after they had held an ice pack on the skin for 30 minutes. They determined the kind of fat present by checking for specific genetic markers, and found elevated levels of three markers tied to beige or brown fat in samples taken during winter. They also analysed belly fat tissue samples from 55 people, which revealed that belly fat tissue biopsied in the winter was higher in beige fat, compared to the samples taken in the warmer summer months.

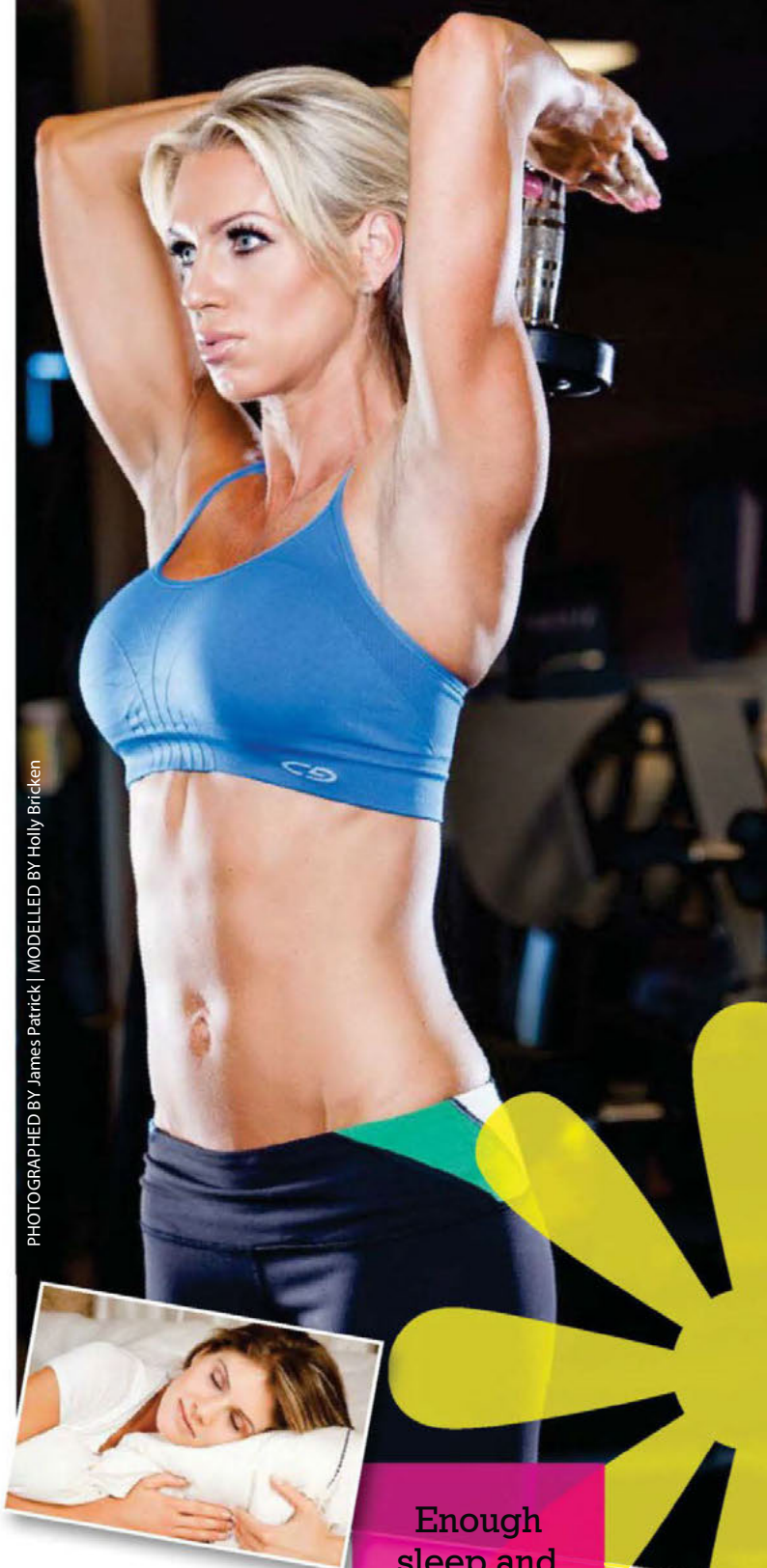
The Kentucky study, published in the journal of *Clinical Endocrinology and Metabolism*, also showed why people likely crave more fatty foods in winter, as more white fat calories were being used to keep warm rather than powering muscles. The researchers also found that obese people couldn’t convert their white fat to beige fat as well as slim people could.

BROWN BENEFITS

And the benefits of more, and more active, brown fat is more than just an increase in overall calorie consumption. A 2011 study conducted on mice found that brown fat can fuel itself with triglycerides taken from the bloodstream, and that brown fat cells also draw sugar molecules from the blood. These attributes could significantly assist in the fight against obesity and related lifestyle diseases such as type 2 diabetes.

Scientists have also identified a hormone that may be able to stimulate “browning” without the need to subject yourself to cold temperatures. Two 2012 studies conducted on mice showed that a hormone called irisin promoted the formation of beige fat. In one study, researchers injected mice with a gene that tripled the levels of the hormone in the blood of obese mice that had dangerously high amounts of sugar in their bloodstream. During the experiment the mice lost weight and regained control of their glucose levels in just 10 days.

Getting enough quality sleep is also important as healthy melatonin production has been linked to the production of brown fat. Lastly, regular exercise has been shown to increase metabolic activity in brown fat, while more recent research shows that when people overeat, they not only increase their total amount of white fat, but the



PHOTOGRAPHED BY James Patrick | MODELLED BY Holly Bricken



overconsumption also causes brown fat to become dysfunctional, which lowers its ability to burn calories.

Accordingly, when it comes to weight loss and improved overall health, it pays to not only focus on reducing the amount of white fat you’re carrying on (and in) your body, but also taking steps to increase the amount and activity of your brown fat cells. **f**

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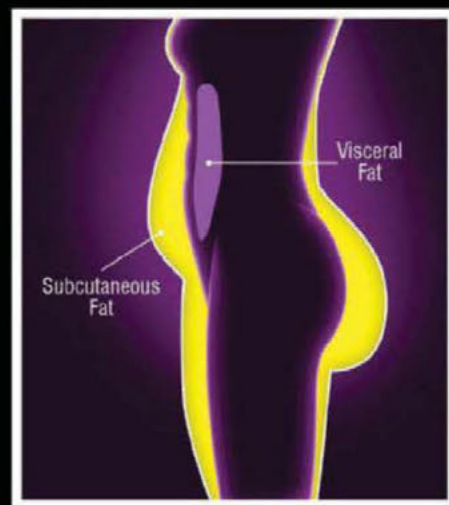
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